

EVERYTHING:



WHAT WOULD THIS LOOK LIKE IF IT WAS EASY?

Top 3:



DAILY

- |               |                 |
|---------------|-----------------|
| Meditate      | Curcumin        |
| Morning Brush | Appreciations   |
| Planks        | Element of Play |
| Pushups       | Read a chapter  |
| Make your bed | Strategic 15min |

Someday Maybe



STOP DOING - LESSON LEARNED



NOTES