

WHAT WOULD THIS LOOK LIKE IF IT WAS EASY?

DONE IS THE ENGINE OF MORE

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$1 * 1.01^{365} = 37x$

Meditate  
Lift Run Walk  
Morning brush  
Make your bed  
Sonder  
[ITERATE TIME]

Coffee + Curcumin  
Appreciations  
Element of Play  
Read a chapter  
Strategic 15min  
Move the **Bolded** Word

Water the plants  
Stretch  
Workout Water  
Move Money  
Kill Emails  
Daily Oats

Dressed & Dropoff  
House&Kid Picked Up  
**STOP DOING - LESSON LEARNED**



WEEKLY:      PLAY      EXPLORE      ERRANDS      RELAX      LEARN

NOTES