

[illegible][illegible]

- 5 min Meditate
- 5 min Draw
- 5 min Make your bed
- 5 min Sonder
- 5 min Chess
- 5 min Stretch

```
1 min Curcumin
1 min Appreciations
5 min Morning Brush
30 min Read a chapter
15 min Strategic Plan
30 min Lift Run Walk
```

Workout Water
Move Money
Daily Oats
Element of Play
Exec Mind
Write

WEEKLY: *PLAY* *EXPLORE* *ERRANDS* *RELAX* *LEARN*