\*Taken from iPhone\*

Goals and habits for next quarter:

* Do headstand core work every night
* Find grey area between absolutes and enjoy it
* Drink tea instead of coffee
* Meal prep at the beginning of every week (buy Tupperware’s for it)
* Yoga or some sort of body movement every single day
* Track your hydration every day
* Get rid of more stuff whenever possible
* Live in a clean environment always
* Regulate weed use
* Make hygiene and looking nice and put together a priority
* Feel put together and graceful
* Be kind to everyone, work on empathy
* Write gratefulness every morning
* Track all food and thoughts every day
* Practice self love mantras every day
* Hike at least once a week
* Go to the beach at least once a week
* One mindful meal a day
* Focus on long term goals and less on instant gratification
* Barre 3 times a week in the early section
* MAKE A MORNING ROUTINE FOR EVERY MORNING, include journaling, being active, writing gratefulness, and setting yourself up for your peak state
* Change your backpack?
* Schedule disconnection time once a week
* Create a sacred space for disconnection and journaling
* MAKE JOURNALING A BIGGER PRIORITY