Taken from my phone notes @ 8:14 am:

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Things that fill me with bliss (DO AT LEAST ONE OF THESE PER DAY)

* Meditation
* Outdoor sports (climbing, paddle boarding, hiking, backpacking, long boarding, etc..)
* Being active with people
* Yoga
* Rock climbing
* Eating healthy and feeling good
* Watching the sunset
* Journaling
* Making music and playing instruments

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