



MY HABITS

MORNING REMINDERS



- Start coffee maker
- Read the news
- Shower
- Light Stretching/ exercise
- Look over today's schedule

DAILY REMINDERS



- Drink water every 30 minutes
- 5 minutes of sun and deep breathing every hour
- Ted Talk on React at 1 pm
- Short walk at 3 pm

EVENING REMINDERS



- Prepare coffee
- Pick out outfit
- Meal prep for tomorrow
- Turn off tv by 10 pm
- Read until 10:30 pm
- Sleep