



SEX

GARDEN
STRETCH

FAMILY
KIDS

GRATITUDE

SOURNAI

MAKE
READ

BED

NATURE
THERAPY

REAL CONVERSATION

MEDITATE

NAP

TAKE
DITS

READ

PODCAST

EXERCISE

MAKE
ST
AT

WRITE

OUTSIDE

EAT

BRUSH

CLEAN
TEETH

INTENTION

FRIENDS

HYGIENE

DANCE
ART

LIMIT SUBSTANCES

8,000 STEPS

TIME

WATER