

G	O	a	I	S
Travel	Acceptance	Finish the side tables in the garage	Stay sober	Say no to things and people that don't bring joy
Create and maintain a skincare routine	Talk to my kids daily when they come home from school	Set up the monthly game night	Approach situations positively (everyone is doing their best)	Spend more time with my family
Take 15 minute work breaks daily for at least 2 weeks in a row	Try 5 new recipes	FREE	Be deliberate with my words	Go hiking
Go paddle boarding	Stretch	Learn to build a shelf/use the router	Get more rest	Set boundaries
Get more organized	Clean the garage	Slow down	Walk more	Do 5 things out of my norm

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Get more rest	Slow down	Travel	Do 5 things out of my norm	Stretch
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