

G	O	a	I	S
Stretch	50 squats	Examination of conscience	Play piano	Memorize scripture passage
Drink 12 cups water	Spend one hour outside	Note in child observation journal	Big 3 back exercises	Personal Rosary
Sing!	Take vitamin and/or supplements	FREE	CPA work	Hug a child
Lauds/Vespers	Practice Latin	Meals planned before breakfast	Hang up to one minute	Mother Culture reading
Family bookkeeping	Daily Mass readings	One load of laundry from start to finish	Write a letter/call a friend	Entry in Commonplace journal

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