

Daily To-Do List	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Misc/Notes
Wake-up 5:25am								
Don't Buy Anything								
Play Wake-up Song								
Make Coffee								
Meds/Vitamins								
Meditate								
2 Minute Journal								
Brush Teeth								
Make Bed								
20 Push-ups								
20 Stomach Exercise								
Yoga Stretch	1 _ 2 _	1 _ 2 _	1 _ 2 _	1 _ 2 _	1 _ 2 _	1 _ 2 _	1 _ 2 _	
Write for 15 Minutes								
Read for 15 Minutes								
20 Minute Walk/Exercise								
"Drink 8 Glasses of Water"	1 _ 2 _ 3 _ 4 _ 5 _ 6 _ 7 _ 8 _	1 _ 2 _ 3 _ 4 _ 5 _ 6 _ 7 _ 8 _	1 _ 2 _ 3 _ 4 _ 5 _ 6 _ 7 _ 8 _	1 _ 2 _ 3 _ 4 _ 5 _ 6 _ 7 _ 8 _	1 _ 2 _ 3 _ 4 _ 5 _ 6 _ 7 _ 8 _	1 _ 2 _ 3 _ 4 _ 5 _ 6 _ 7 _ 8 _	1 _ 2 _ 3 _ 4 _ 5 _ 6 _ 7 _ 8 _	
4 – 1 Minute Breath Breaks	1 _ 2 _ 3 _ 4 _	1 _ 2 _ 3 _ 4 _	1 _ 2 _ 3 _ 4 _	1 _ 2 _ 3 _ 4 _	1 _ 2 _ 3 _ 4 _	1 _ 2 _ 3 _ 4 _	1 _ 2 _ 3 _ 4 _	
Record Podcast	////////	////////			////////	////////	////////	
Night Time Routine								
Didn't Buy Anything								
Drink Calm								
Get out Water Glass								
Get out Coffee Mug								
Brush Teeth								
Read								
Go to Bed 9:30-10pm								

Start using my multi-use cups at Starbucks / Other Places. Make a board of what I'm going to accomplish and get done.

Figure out how to use less and create less trash.

Need to figure out what days for the blog, the podcast, the book. This needs to be broken down into days and times. Be an example to Charlotte. Create and do for her. Make this all work.