

TO DO LIST

PRIORITY	DUE DATE	WHAT	WHO	IN PROGRESS	DONE
		Think 10 happy thoughts.			
		Slow down at least 3 times.			
		Meditate for 5 minutes.			
		Think of 3 things I am grateful for.			
		Do a push up.			
		Stretch 3 times for 1 minute.			
		Drink 5 glasses of water.			
		Write a positive review or give great feedback.			
		Read at least 10 pages.			
		Write at least 3 paragraphs on any subject.			

NOTES