

## **SPIRITUAL CARE**

- [1 ] Meditate
- [2 ] Pray
- [3 ] Seek Daily Direction
- [ ] Read affirmations
- [ ] Read/watch inspirational material
- [ ] Attend therapy
- [ ] Reflect on my life
- [ ] Commune with nature

## **PHYSICAL CARE**

- [4 ] Eat healthy meals
- [5 ] Perform dental care
- [6 ] Take my medication
- [7 ] Feed and walk my dogs
- [ ] Strength train
- [ ] Get sun
- [ ] Perform yoga

## **EMOTIONAL CARE**

- [ ] Spend time with Bo and Sammy
- [ ] Design memorial bracelets
- [ ] Meet and date
- [ ] Go camping
- [ ] Work on boat
- [ ] Install Trailer hitch
- [ ] Create a cool video

## **FINANCIAL OPPORTUNITIES**

- [ ] Update monthly budget
- [ ] Market patents
- [ ] Market waterproof neo pixel
- [ ] Build tables

## **HOME CHORES**

- [ ] Housekeeping
- [ ] Take care of lawn and trees
- [ ] Organize back room
- [ ] Paint eaves
- [ ] Ask Justin to inspect kneewall
- [ ] Tilted eave on left room
- [ ] Check roof ventilation
- [ ] Put brace under PVC vent stack
- [ ] Put siding on gable ends
- [ ] Paint back room
- [ ] Finish channel drains
- [ ] Remove old roof

## **STRUCTURED WORK**

[ ] Eco-guiding