

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

