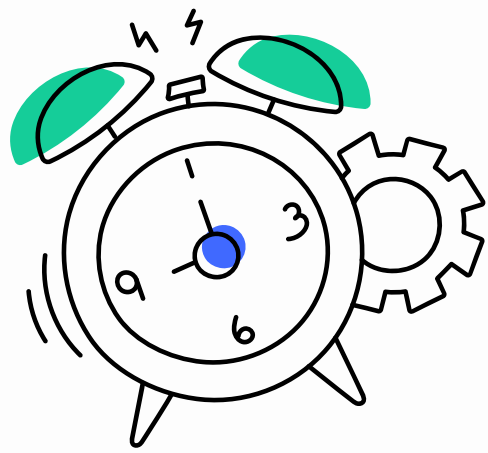


Organize your Life

Pick 5 elements everyday

1. Mental
2. Physical
3. Emotional
4. Social
5. Spiritual

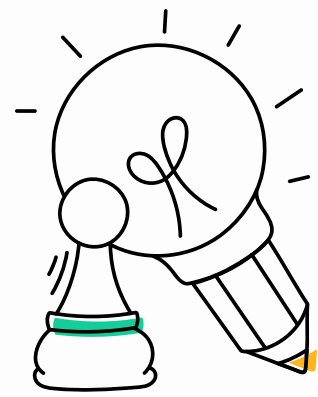


Plan 1 task from each segment

1. Read 25 pages from a book
2. A 10-minute walk in the morning sun
3. Stay for 5 minutes devoid of everything
4. Talk to one lost friend
5. Jot down your thoughts for the next 2 minutes



Practice these same tasks for a week

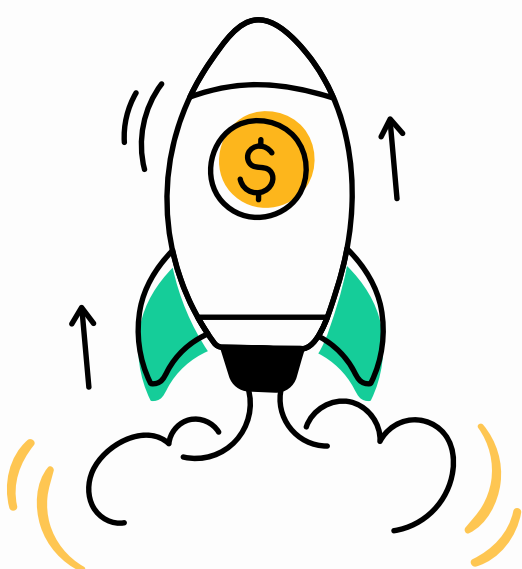
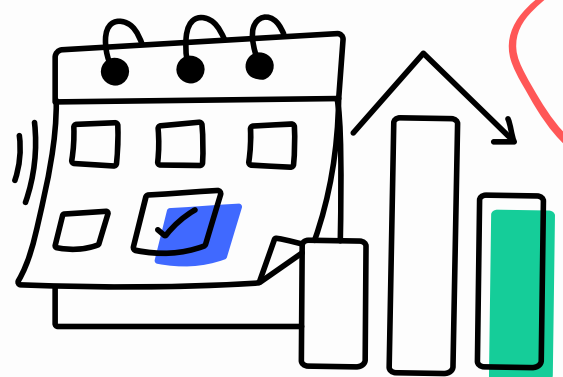


Add 5 in another week

1. Take one calculated risk
2. Run 5 rounds of a park
3. Do one thing out of your comfort zone
4. Drop a message to 5 old friends asking how they are doing
5. Breathing exercises for 10 minutes



Keep adding these tasks to the new ones every week. If it seems long you can simply pick one element instead of 5



Hooray! By the month end you would have added 20 small habits from every element. 100 small certain practices are better than 1 big uncertain improvement.