## Habit

Chewed completely for one whole meal Completed a Brain Dump

Completed an @home Item

Did an Outdoor Activity

Didn't eat fried food

Didn't eat sweets

**Drew Something** 

Gym

Listened Actively

Listened to a podcast

Meditated

Practiced laido

Ran out doors

Read a fiction book

Read a nonfiction book

Read Bible

**Reviewed Projects** 

Reviewed Roles and Responsibilities

Reviewed Someday Maybes

Sat and listened to music

Stretched

Was conscious about posture

Wrote a journal entry

wrote Down dreams

Yoga

