

PRAY FOR THE FIRST PERSON  
THAT COMES TO MIND

WRITE A NEW BLOG POST

CLEAN UP MY DESKTOP FILES

WRITE A LETTER TO A  
FAMILY MEMBER OR FRIEND

DO A GUIDED MEDITATION

JOIN AN INTERESTING  
FACEBOOK GROUP

REFINE MY BUSINESS  
SYSTEMS & PROCESSES

UPDATE MY  
LINKEDIN PROFILE

LISTEN TO A NEW PODCAST

TRANSFER MONEY  
TO MY SAVINGS