

* Exercise Session
	+ Boost your energy and health with a daily workout
* 2-Minute Rule
	+ If it takes 2 minutes or less, do it now
* 3 Things You’re Grateful For
	+ Gratitude shifts your focus to what’s going well
* 4-7-8 Breathing
	+ Breathe in for 4, hold for 7, exhale for 8 to relax
* 5 Min Breaks Between Meetings
	+ Short breaks help you recharge and refocus
* 6 Second Pause
	+ Respond, don’t react. Pause for 6 seconds to think
* 7 Glasses of Water
	+ Staying hydrated keeps your body and mind sharp
* 8 Hours of Sleep
	+ Prioritize sleep to feel rested, focused, and productive
* 9 Minutes of Meditation
	+ Even a quick session clears your mind and reduces stress
* 10,000 Steps
	+ Move more. Walking keeps your body and mind active
* 11Minutes of Skill Building
	+ Daily practice leads to mastery over time
* 12 Pages of a Book
	+ Learn, grow, or escape-reading fuels your brain