A close up of a text

AI-generated content may be incorrect.

* 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