

## The Simple 6 *Daily Non-Negotiables - Stack Them for Simplicity*

1. **3 Daily Gratitude's** Write three things you're grateful for today:

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2. **Daily Stoic** Read or reflect on a Stoic quote/principle (e.g., from Marcus Aurelius or your favorites).

3. **Proclaim App Daily Bible Study** Complete today's session in the Proclaim app.  
Key verse or takeaway: \_\_\_\_\_

4. **Mindful Meditation** Spend time in mindful meditation (e.g., calm app). Duration/Notes:

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5. **Fitness** Choose one: Walk, row, strength train, yoga, or app workout. Activity & Duration:

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6. **Journal** Free journal time – reflect, plan, or write freely. Prompts if needed: What went well? What can I improve?

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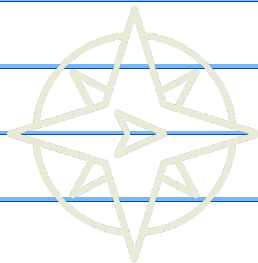
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**SIMPLY PEG**  
GOOD LIFE: SIMPLY