

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

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

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:

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

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

