

YOU GOT THIS!!!

MONDAY

**Digital detox
for a day -
put phone on
airplane
mode**

TUESDAY

**Stretch -
do in the
morning
before work
:)**

WEDNESDAY

**Drink 16oz
more water
than usual**

**WEEKLY
PRACTICES**

02/12 - 02/18

THURSDAY

**Clean
workspace

Go out for a
meal**

FRIDAY

**Watch the
sunset with
friends -
meet Sara at
Sunset Cliffs
at 5pm**

SATURDAY

**Write a
gratitude
letter**

SUNDAY

**Listen to a
podcast -
Ask Gavin for
podcast recs**

