

Date: 6/24/23

Meaningful Day

Identify 2-3 items per area each morning that conveys a Meaningful Day for you. This is in **no particular order**, but accomplish at least one thing in each category to make your day meaningful. It's not about being perfect in these areas but it's about making **progress!**

PERSPECTIVE

I had a great conversation with Lydia about how I can be a better dad and she complimented me on my listening skills

PERSONAL

- Exercise for 30 minutes
- Read Ch 3 on Blended Families
-

PEOPLE

- Go for a walk with the kids after school
- Show Dari extravagant appreciation for how she responded to Toyota DEI lead
- Call Mom just because and listen to her stories

PROFESSIONAL

- Create video for ACFCU for June exercise
- Research books on developing authentic curiosity
- Read Harvard Article on listening well

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- Justin Jones-Fosu

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5SC²

5 Self-Care Strategy Challenges

Identify 1 item for each time frame that you can do consistently. Start with what you already do and go from there. It's not about being perfect in these areas but it's about making **progress!**

1 Daily

Exercise for at least 10 minutes (i.e. walk, run, go to gym)

1 Weekly

Show extravagant appreciation to someone

1 Monthly

Get a Massage

1 Quarterly

Trek in a mountain

1 Annual

Do a major international backpacking trip

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Identify 1 item for each duration that you can do consistently. Start with what you already do and go from there. It's not about being perfect in these areas but it's about making **progress!**

1 Daily

1 Weekly

1 Monthly

1 Quarterly

1 Annual

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