

**CIRCADIAN SUNRISE.** MAKE YOUR BED  
PRIME YOUR DAY  
YOUR PERSONAL FOOD FRAMEWORK. MY CORE CODE  
PRE-LESSON ROUTINE. **TO-DON'T LIST. SPOT THE STRENGTHS**  
MY TEACHING H.Y.P.E. DRIVE AWARENESS. SMILE SHAKE  
**EMPATHY UPLOAD.** FIVE BREATHS  
WHAT IF?  
MY POWERFUL TEACHING GOAL  
EMOTIONAL CHOREOGRAPHY. **MINDFUL MOUTHFUL**  
SITUATIONAL STRENGTHS USE.  
ONE SONG WORKOUT. LOWER THE BARRIERS. ONE-WORD CONTRIBUTION  
**DEEP LISTENING.** CHAIR YOGA  
APPRECIATE THE GOOD  
WHEN/THEN ACTION PLAN. PHYSIOLOGICAL SIGH. AUTOMATIC BOUNDARY SAYINGS  
MIND YOUR LANGUAGE. **LOCK IT IN?. LOVING KINDNESS CLASS**  
DE-FOCUS TO RE-FOCUS. CHOICE POINT ABC. BOUNDED VULNERABILITY  
**SHIP IT (BE AN OPTIMALIST).** WALK AND TALK  
PASSION STACKING  
EAT WITH INTENT. BUYING TIME. ESSENTIAL HAPPINESS RITUAL  
**FEAR SETTING. CLOSING THE DAY**  
REVERSE 'MEANING MEMO'.  
TO GOLDFISH...OR NOT TO GOLDFISH. VISUAL OVERWRITING. WEEK-END, SLEEP-START. 