



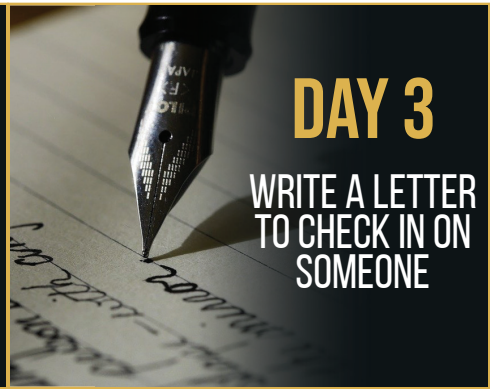
DAY 1

PHYSICAL EXERCISE



DAY 2

CREATE A SCHEDULE AND STICK TO IT



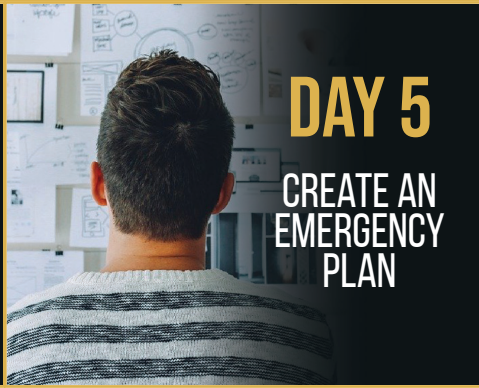
DAY 3

WRITE A LETTER TO CHECK IN ON SOMEONE



DAY 4

ELIMINATE ONE EXPENSE



DAY 5

CREATE AN EMERGENCY PLAN



DAY 6

DON'T COMPLAIN AT ALL TODAY



DAY 7

DO SOMETHING GOOD FOR YOUR COMMUNITY



DAY 8

READ THE NEWSPAPER FROM YEAR YOU WERE BORN (START TODAY)



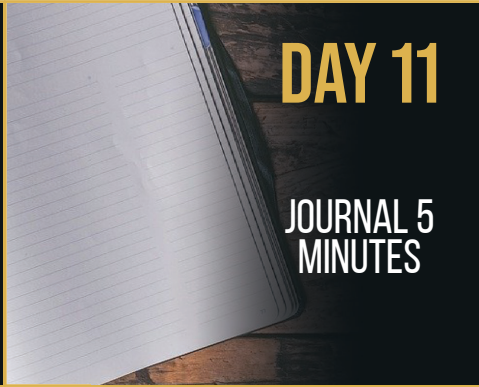
DAY 9

PICK A DIET TO FOLLOW



DAY 10

DON'T WATCH THE NEWS TODAY



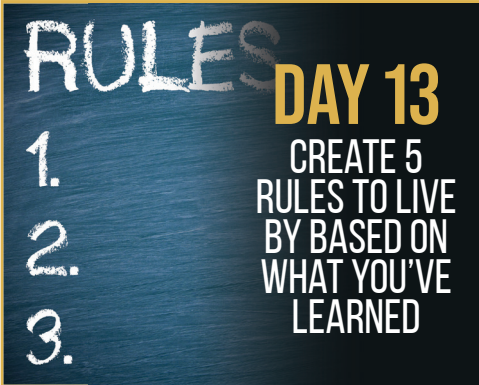
DAY 11

JOURNAL 5 MINUTES



DAY 12

CLEAN SOMETHING UP (IN YOUR HOUSE)



DAY 13

CREATE 5 RULES TO LIVE BY BASED ON WHAT YOU'VE LEARNED



DAY 14

MEMENTO MORI

DAILY STOIC

Alive Time
CHALLENGE