

2009 Personal Mission

Monthly:

- Read 1 new book per month
- Take 2 days off for resting each month
- 2 activities per month minimum (movies, dinner) with boyfriend
- Meet up with local friend once per month

Weekly:

- Minimum one blog entry per week
- Take one yoga class per week
- Swim one day per week minimum
- Go grocery shopping regularly every week
- Volunteer 2 hours/week
- Do laundry regularly

Daily:

- Daily reading of spiritual scriptures/texts
- Sun salutations & meditate daily
- Wake up before 7am on weekdays and go to gym
- Go to bed by 1030pm weekdays

Annual (within 2009):

- Continue formal education in track & field, yoga, and massage by taking at least 1 workshop of each
- Become certified in personal training
- 4 "getaway" weekends with my boyfriend
- Track all food expenses and create a budget
- Stop pulling at hair
- Go to 4 concerts minimum
- Take surf lessons
- Visit Bakersfield 2 times minimum
- Take a month off this summer and spend time with parents
- Visit Bozeman 1 time minimum
- Visit NYC
- Visit Yogaville in Virginia

Qualities I want to embody:

Peace, joy, contentment, wisdom, easefulness, bliss, compassion, devotion, honesty, quiet leadership, mercy, remaining quiet unless asked for advice, grace, graciousness, not offensive nor defensive, reacting in the best interest of others, loving without strings attached, accepting, friendliness, politeness, avoiding crass, vulgar, or obscene language, non-violent communication.