

2010 Personal Mission

Monthly:

- Read 1 new book per month
- Plan business paperwork time & monthly analysis time
- Monthly conference calls & outings 6 per year with tenants
- Monthly massage
- Save money & not take it out of savings
- Meet up with local friend once per month
- One yoga class per month

Weekly:

- Swim one day per week minimum
- Lift weights 2-3x/week
- Go grocery shopping regularly every week
- Volunteer 2 hours/week
- Do laundry regularly
- Massage or teach yoga to someone

Daily:

- Hatha yoga & meditate (or read spiritual texts) twice daily
- Prepare meals for next day in advance
- Eat salad 3x/week minimum
- Get up 2 hours before I have to leave the house
- 1 hour of exercise
- Minimum one blog entry daily – personal
- Minimum one blog entry daily – coaching
- Daily vitamins

Annual (within 2010):

- Learn to do a back handspring
- Continue formal education in track & field, yoga, and massage by taking at least 1 workshop of each
- Become certified in personal training & CPR
- Sign up for a college class or study Chinese regularly
- Keep hair looking nice
- Go to 4 concerts minimum
- Take surf lesson
- Visit Bozeman 1 time minimum
- Visit Mom & Dad
- Visit Ryan
- Visit NYC or travel internationally
- Join & go to church regularly

Qualities I want to embody:

- Respond, not react