











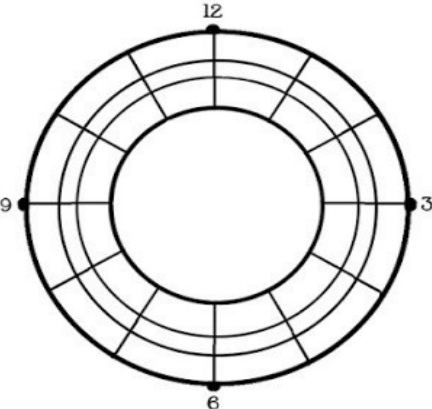



































## Podio Tracker

		am												pm											
	Activities	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
	1. sleep																								
	2. creative work																								
	3. day job																								
	4. food/leisure																								
	5. exercise																								
	6. other																								

## Choose Your Own

		am												pm											
	Activities	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
	1.																								
	2.																								
	3.																								
	4.																								
	5.																								
	6.																								

<b>Activities</b> Goals/Projects Planning/Creative work Relationships \$Routine work-paid Routine work-home exercise meditation reading social media tv food prep/eating sleep	<p><b>Chronodex from artist Kate Smith</b></p> 	<p><b>Practices shown by Positive Psychology to increase happiness &amp; well-being</b></p> <table border="1"> <tr> <td><b>B</b></td><td><b>E</b></td><td><b>M</b></td><td><b>E</b></td><td><b>A</b></td><td><b>S</b></td><td><b>U</b></td><td><b>R</b></td><td><b>I</b></td><td><b>N</b></td><td><b>G</b></td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Breathe</td><td>Exercise</td><td>Meditate</td><td>Emotions</td><td>Aspire</td><td>Share</td><td>Uplift</td><td>Reclate</td><td>Inspire</td><td>Noise</td><td>Gratitude</td> </tr> </table>	<b>B</b>	<b>E</b>	<b>M</b>	<b>E</b>	<b>A</b>	<b>S</b>	<b>U</b>	<b>R</b>	<b>I</b>	<b>N</b>	<b>G</b>	1	2	3	4	5	6	7	8	9	10	11												Breathe	Exercise	Meditate	Emotions	Aspire	Share	Uplift	Reclate	Inspire	Noise	Gratitude
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