

Today

## Description

If only today:

Call someone-

Forgive someone

Ask for forgiveness

Say I love you

<https://nextbigideaclub.com/magazine/new-medical-technology-bring-dream-cures-life-podcast/39629/>

Dr. Siddhartha Mukherjee

Compassion & gratitude for self & all throughout day

Feel own personality

Listening to Jesus/God

Keep learning (look up videos on howto)

Become as good as possible at something you like as much as possible that rewards as much as necessary

Ok to live with family & friends- things are expensive & hard

Relationships are the key to long term happiness

Talk to strangers

*Your Turn: How to Be an Adult by Julie Lythcott-Haims*

Sleep better with red nightlights/red on color changing bulb w/infrared remote

Ground when sitting or sleeping w/thin (cheap) metal wire wrapped around screw in middle of wall socket

### **Category**

1. Uncategorized

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