

1. **Publish my voice weekly.** The exact where and length are unimportant. What matters is that it's written, publicly available for anyone to access for free and is reasonably close to a complete thought.
2. **Talk to someone today I've never met before** or send out 3 pings. In-person is preferred, but phone is fine.
3. **Talk to 1 person, anyone, about what I'm grateful for today, every day.**
4. **Apply to something every week.** It can be a publication I'm pitching to write for, a grant, a job or really anything where I need someone or some organization's approval.
5. **Meditate or focus on my breath today** for at least 3 cycles of breath.
6. **Exercise for at least 30 minutes 3 times per week.**
7. **Read at least 1 page of a book every day.**