

CONDITIONS OF ENOUGHNESS

A hand-drawn illustration of a landscape. In the foreground, the bow of a canoe is visible, with a paddle resting inside. The water is depicted with simple horizontal lines. In the background, there are stylized mountains and a small cluster of evergreen trees. The sky is a mix of light blue and green washes. The overall style is artistic and sketchy.

MY ENOUGHNESS ACTION

Simple fact

Do Squats; Write 750 Words

TIME CONTAINER

How often, by when, for how long

30 squats 3 x this week; Write 750 words
before email Monday & Thursday

DEPENDANT ONLY ON ME ON AN AVERAGE DAY

Not on being a super person

I CELEBRATED & ACKNOWLEDGED BY

*by putting my hand on my heart
and telling myself good job*