

Structure the Day



Sleep



Reflect



Focus



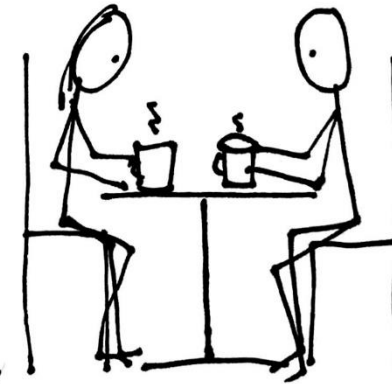
Exercise



Play



Relax



Connect

from: Dan Siegel - Brainstorm