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| **Priority** | **How** | **Why** |
| **Daily Habits** |  | Stay organized and moving forward regardless of the situation. |
| **Mental Wellness** |  | Be well enough to survive & serve others. |
| **Physical Wellness** |  | Be well enough to survive & serve others. |
| **Stay Connected** |  | Maintain mental connection despite physical isolation. |
| **Personal Financial Future** |  | Financial security = clarity & sanity. |
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**Priority:** what major areas of focus must be managed to maximize my personal welfare?

**How:** what activities or actions must be completed daily to support each priority?

**Why:** why does each priority and set of activities important to me and the people around?