

**COVID-19 OUTBREAK PRIORITIES**  
**Have Gratitude & Be Graceful**

<b>Priority</b>	<b>How</b>	<b>Why</b>
<b>Daily Habits</b>	<input type="checkbox"/> Make bed <input type="checkbox"/> Take medicine <input type="checkbox"/> Make a plan for the day	Stay organized and moving forward regardless of the situation.
<b>Mental Wellness</b>	<input type="checkbox"/> Less screen time <input type="checkbox"/> 5m daily meditation <input type="checkbox"/> 30m daily reading	Be well enough to survive & serve others.
<b>Physical Wellness</b>	<input type="checkbox"/> Eat well – Myfitpal <input type="checkbox"/> 1 drink per day max <input type="checkbox"/> 60m daily stretch/movement	Be well enough to survive & serve others.
<b>Stay Connected</b>	<input type="checkbox"/> 1 family call daily <input type="checkbox"/> 1 friend call daily <input type="checkbox"/> Weekly Industry Zoom	Maintain mental connection despite physical isolation.
<b>Serve Clients</b>	<input type="checkbox"/> Free COVID support <input type="checkbox"/> Suspend Payments <input type="checkbox"/> Build Recovery Plan	Support my supports. Maintain client relationships. Build new relations.
<b>Personal Financial Future</b>	<input type="checkbox"/> Revise personal budget <input type="checkbox"/> Conserve cash/cancel trips	Financial security = clarity & sanity.
<b>Business Financial Future</b>	<input type="checkbox"/> Revise budget & cash flow <input type="checkbox"/> Expand partnerships, Growisely <input type="checkbox"/> Build new recovery products <input type="checkbox"/> Prepare for opportunities	2020 is business' make-or-break year.