

DRG's 4 burners:

Health Self - Care	Family	Friends Community	Career
Exercise	MGK	Local peeps – Oehl call	Long term plan
Eating healthfully	SXG at SILC	City peeps – Jen dinner? Lu-Lu-Belle	Pipeline upkeep
Sleep	Extended family - call ELG	SEEK – read Trial	Networking
Meditation		BIAAG – Ashley & Mia	Content development
Play		SILC – meeting	Deliveries
Relaxation	Cousin's visits		Coaching – check OH for letter
			IPOL – finish landing pages!
		Weekly phone call: Mika	Social Media
		Cyd - call	Financials
		Paula - date	Admin -
Cooking		Birthday recognition	Website backend
Reading			Blog posts
			Marketing
Chakra course – 1 week's worth		In-transition folks – Alisha Irene	Research
Eye doctor - apt		Social media	Peer group – watch recording
Drink water		Texting with friends	D&I Mastermind - note
30 daily pushups			DT Mastermind – agenda

			thoughts
Floss teeth			C-IQ
Journaling			VIP upkeep
			Event plans & write ups 2019