



The Sati Leadership Happiness Supports

Physical organization (things visible + in drawers/cabinets/closets/etc.)

- Home
- Office
- Vehicle

Digital organization

- Email
- Texts
- Task management (prioritized with important due dates)
- Calendar daily/weekly/etc.
 - Administrative time
 - Open space, social time, & play time
- Budget
- System for transferring notes
- Files
- Phone apps (hide social media)
- Outsource!

Daily

- 2 hrs. before food / caffeine (reduce) / technology
- Warm water with lemon, salt, & ACV
- Sunrise walk
- Meditate (sati + metta) & journal
- Play
- Do a thing
- Socialize
- Hourly breaks to relax & move
- Sunset walk
- Technology & alcohol free night/bedroom
- Wind down, gratitudes, reflections, & **sleep** eight hours
- I recommend an **Oura Ring** to support all this (discounted \$40 + \$50 coaching credit)

Weekly

- 20 minutes of cardiovascular exercise 3x
- Resistance training 2x

Nutrition

- A local, organic whole food plant based diet is generally the healthiest way to eat
- Use products with EWG ingredients < 7

Communication

- Communicate microscopic, inarguable truths