



What mental health needs is more sunlight, more candor, more unashamed conversation. -- Glenn Close

TODAY, DID I...

- Center myself in the morning with a gratitude/prayer?
(I like [*the Serenity Prayer.*](#))
- Meditate for 5-15 minutes?
- Do a little bit of service for someone else?
- Get 25-30 minutes of [*moderate exercise*](#)?
- Reach out to someone I care about, but haven't talked to in awhile?
- Say something true, humble, and nice to myself about myself?
- Start or finish a project on which I've been procrastinating?
- Take a 5-10 minute stretch or walking break every hour?
- **(Hypocrisy alert!)** Follow my Smartphone 10/50 rule?

(Turn my phone off and put it in a drawer in another room for 50 minutes every hour, and pull it out for 10 minutes to check texts and other "important" stuff.)

- When I got to the end of today, and found I hadn't answered yes to all of these questions, did I give myself a break by saying this New Zealand prayer of closure?

*It is night after a long day. What has been done has been done.
What has not been done has not been done. Let it be. The night is
for stillness and rest.*

