

FIRST THINGS FIRST:

WORD IN.

WORK OUT.

WORK PLAN.

25 for SANITY MANIFESTO

FORWARD

"WHAT A HEART KNOWS
BY HEART IS WHAT A HEART *KNOWS*"

STAY IN THE POOL

STEP ON THE SNAKE
BEFORE BREAKFAST

FLAME FIRST

CLEAN A SPACE = CLEAR HEADSPACE

YOUR WORK IS ART:

NO SONGS WITHOUT *rhythm*

IT NEEDS A SOUNDTRACK.

WORK ON YOUR WALL BEFORE NOON.

GO SLOW, GO FOR
LIFE ZONE. GO FOR A WALK

IT'S THE EVERYDAY

NOT THE EVERY NOW AND THEN

WATCH YOUR NOS, AND YOUR YESES WILL TAKE CARE OF THEMSELVES

COUNT GIFTS

EBENEZERS FOR THE EFFORTS

DAILY STILLNESS APPOINTMENT

BREATHE

ENVISION THE

HOT BATH

MAKE *laughter* YOUR *chocolate*

END GOAL

ON 25, TAKE 5

HARD STOPS FOR PRAYER

REST SO YOU CAN HAVE THE REST OF GOD.

UNPLUG TO PLUG INTO

FATHER AFFIRMATIONS

YOUR PURPOSE

I AM COMPLETE IN CHRIST

COL 2:9