

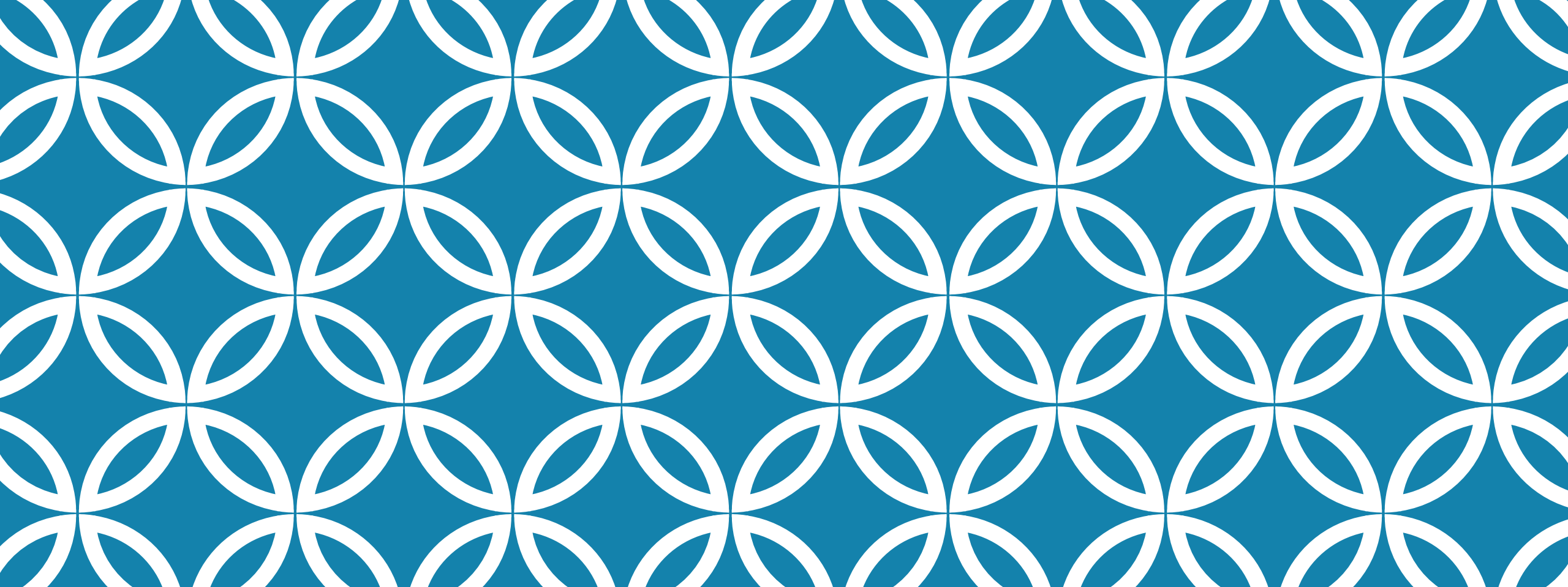
DAILY.WEEKLY.MONTHLY.

Asha Nicole's guide to a fulfilled and organized life.



DAILY.

- 500 calories a day.
- 15 min meditation.
- Skin/ Hair Care Routine.
- 1hour Reading.
- Brain Training.
- Coding Lessons



READING SCHEDULE

Monday + Wednesday | Literature
Tuesday + Thursday | News
Friday | Educational
Sat | Magazines + Blog Lovin'
Sunday | ☺ Grab Bag



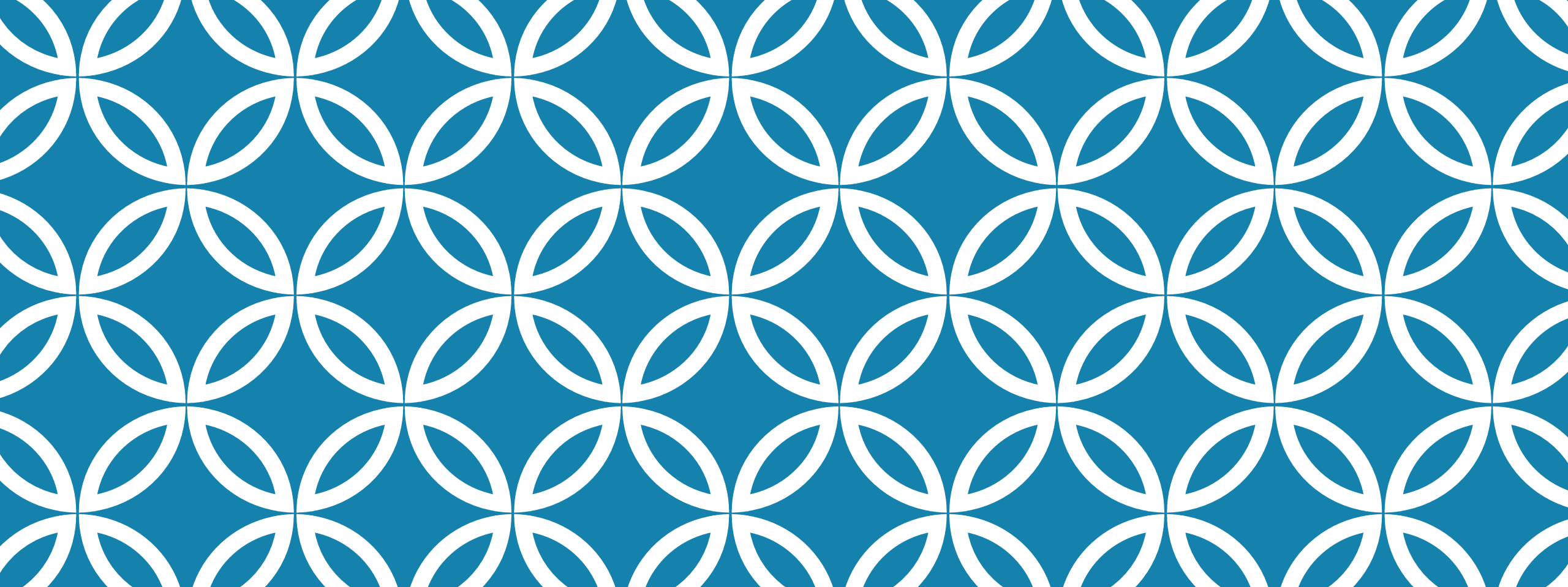
WEEKLY

- Clean house
- Do my nails
- Go for a walk with Daisy & Madison
- Small token of appreciation for Mom + Granny



MONTHLY

- Eat at a new place
- De-clutter my room



PERSONAL GOALS

Achieve **full veganism**
Healthier skin + body
Save money
Be kind | thoughtful | peaceful
Work on personal relationships
Stop **procrastinating**