

Date: 6/24/23

Meaningful Day

Identify 2-3 items per area each morning that conveys a Meaningful Day for you. This is in **no particular order**, but accomplish at least one thing in each category to make your day meaningful. It's not about being perfect in these areas but it's about making **progress!**

PERSPECTIVE

I had a great conversation with Lydia about how I can be a better dad and she complimented me on my listening skills

PERSONAL

- Exercise for 30 minutes
- Read Ch 3 on Blended Families
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PEOPLE

- Go for a walk with the kids after school
- Show Dari extravagant appreciation for how she responded to Toyota DEI lead
- Call Mom just because and listen to her stories

PROFESSIONAL

- Create video for ACFCU for June exercise
- Research books on developing authentic curiosity
- Read Harvard Article on listening well

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- Justin Jones-Fosu

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