	2022 Word of the Year: CREATIVITY			
	YEAR 1 - January 17 - April 10	**Week**	**0**	**1**
		Start	1/10	1/17
	Special Notes for Week	* = Delegate		
	Proposals Accepted			
Business Development Goals & Tactics				
Goal 1: Be A source for WordPress websites for schools and nonprofits				
	Conduct monthly Lunch & Learn workshop			
	Consider/Plan for TLC website refresh			
	Research some guest posts and podcasts			
Goal 2: Produce more targeted content (WordPress for small schools & nonprofits)				
	Schedule 1 hour weekly block for content			
	Develop monthly newsletter to promote podcast, launches and blog content (stop RSS newsletter). Once established, **outsource**			
	Proactively plan blog content for quarter			
	Create one video per month for social media			
	Engage/comment on social media (Linked In, Instagram) - **outsource** or schedule 5-10 minutes per day			
Goal 3: Delegate tasks/expand contractor list				
	Post Designer job on The Mom Project		1	
	Train contractor (Lauren?) to help with project management - start with current project in process			
	Review Docs site for content needed for contractor resources			
Personal Development Goals & Tactics				
Goal 1: Be a more positive and kind person - to others and myself				
	Compliment someone with sincerity every day (text, social media, notecard)			
	Write down 3 things I am grateful for every morning before starting work			
	Meditate for 60 seconds before opening social media & only post/share positive comments			
	Write loving note to Steve every week			
	Meet with therapist once per month			
	Implement Loving Kindness Meditation as needed			
	Mentor student			
	ETC Board			
Goal 2: Healthy Habits: Drink Water & Get Out In Nature				
	Plan, schedule and DO one hike per month			
	Walk with a friend once per week			
	Fill 3 water bottles every morning and drink them before finishng work			
	Do 5 sun salutations M,W,F			
Goal 3: Rediscover My Creativity & Arts Appreciation				
	Weekly writing group			
	Write for 15 minutes a day, T, Th, One Weekend Day			
	Restart Book Club & read one book			
	Attend one live performance or museum exhibit per month			
Goal 4: Downsize/Clean Out Shit				
	Cull, organize & digitize boxes of photos			
	Clean out paper files in office, basement, attic			
Ongoing Goals *Create balance in life, improve relationships and mental and physical health.*				
	2-3 Peloton Bike M,W,F or Sun			
	Run T, Th, Sat			
	2-3 Peloton Strength, Yoga W, F or Sun			
	Take supplements daily			
	Intermittent Fasting			
TOTAL			**1.00**	**0.00**
SCORE			100%	#DIV/0!