# easter

## huddy

- tote bag
- bubbles
- chalk
- sunglasses
- coloring book
- hat
- ~~shoes~~ sandals
- markers
- bath toy
- pencil case?
- choc. bunny

← share →

## henry

- tote bag
- bubbles
- chalk
- sunglasses
- coloring book
- hat
- ~~shoes~~ sandals
- uno cards?
- markers
- bath toy
- pencil case?
- choc. bunny

## hannah

- bows (3")
- pouches
- snacks
- sun hat
- teether / toy
- sunglasses
- bath toy?
- shakers * make
- basket

## misc.

- eggs (plastic)
- eggs to decorate
- egg dye
- hand egg color machine
- stickers
- playdough } egg fillers
- candy
- singles
- books
- stuff eggs
- put together baskets
- make shakers

haven

## brain dump

- meal plan / list
- order groceries
- grocery shop
- buy Hannah 9 mo.
- write Jan. post
- Jan. goals - post
- returns - UPS
- return - Kohls
- Hannah 6 mo. pic
- Hannah - blue dress
- library books - return
- clarify unplugged
- list clothes (10+)
- photo clothes (10+)
- email
- Henry shoes
- unpack boxes - Hannah
- unpack boxes - Henry
- unpack boxes - hall
- unpack boxes - "office"
- buy? hangers, frother
- in / out for week?
- AE return? ~~yoga mat~~ earplugs
- J. Crew return?
- ~~Tred up?~~
- SS → iPad
- 1 baby book

**wednesday**

- write post
- meal plan / list
- order groceries
- photo 10 listings
- email
- crockpot
- prep all returns
- bmo

**thursday**

- grocery shop
- Hannah blue dress
- return all + Henry shoes
- organize fridge
- IG post
- shower

**friday**

- Honeycomb @ 10:30
- post about groceries + ~~friday faves~~
- photo in + out

**saturday**

- list 10+
- blue dress
- Henry shoes
- PreK emails
- Hannah appt
- ~~sched up days~~

**sunday**

- 5 boxes
- IG post
- show examples of in/out
- finish listing

# 5 am Club

Distraction is an addiction & it's deadly for creativity.

Distraction kills creativity.

The key is to radically simplify your life to contain only what's most important.

Keystone habit: a core behavior that multiplies everything else

Day stacking: each days successes build on the last. Small daily improvements build on each other. The important ingredient = consistency (improvements every day w/out fail)

Change is hard at the start, messy in the middle & beautiful at the end.

high excellence cycle
deep refueling cycle
(2 days off no tech/wk)

Habit installation:
1. trigger
2. practice ritual
3. reward
4. repeat

66 days

(use habits to turn

So many people chat a good game. They tell you all the ambitions... & aspirations... most people stay the same their entire lives... The flow of life rewards positive action + punishes hesitation.

traffic university: learn something as you drive

20/20/20 =
- 20 min: exercise (dopamine)
- 20 min: reflection, like journaling
- 20 min: growth (read books, podcasts, course)

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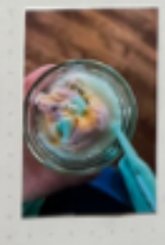
# St. Patrick's day

## hits:

**craft:** both boys really liked the "rainbow" craft. Henry loves crafts of all kinds + Hud was excited to use "goo."

**scavenger hunt:** Henry was so excited and loved it. "So I guess leprechauns are real after all!" Hud ate the entire bag of chocolate coins in one sitting.

**food:** Lucky charms, green snack board, LC cookies and drink (sherbet + punch + sprite)



## misses:

**green mac + cheese:** took forever to make - Hud wouldn't try it and Henry only ate a few bites. Looked great TBH.

**being two:** Hud had a rough day - lack of nap time: typical for my boys @ this age.