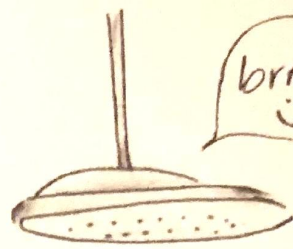


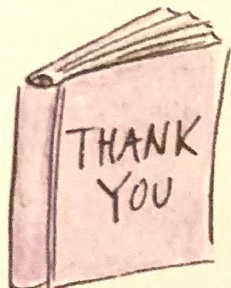
enough sleep



daylight



start with a cold shower



gratitude practice

get up early and get enough



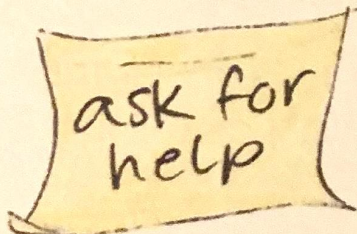
eat well



stay in touch



breathing exercises

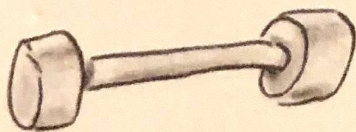
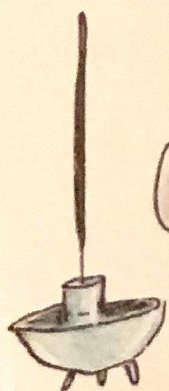


time to relax & enjoy



time in nature

find inspiration



exercise & meditation

