

DAY 1 Monday HABITS AT HOME

When you dress in the morning, *notice* which leg you stand on first to put your pants on.

Try doing it the opposite way or sit to do it. Notice how awkward it feels at first.

Variations: we need to be able to do everything we do, in at least 3 or 4 different ways.

Keep doing it in *different ways* until they all feel *easy*, then *notice* which way you undress!

...Notes...

