

# #GENIUSHOUR

## Step 1: MOVE (20 mins)

- 20 Minutes of Sweaty Heart Pumping Exercise

## Step 2: CONNECT (20 mins)

- Gratitude
- Goals
- Visualization
- Meditation
- Journaling

## Step 3: GROW (20 mins)

- Read Books
- Listen to Podcasts
- Take Courses

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