

# 2019

More conversations, fewer meetings.

More friend time, less screen time.

More listening, fewer talking points.

More looking up, less scrolling.

More experiences, less desk time.

More sleep, less powering through.

More questions, fewer answers.

More energy, less exhaustion.

More patience, less frustration.

More curiosity, less judgment.

More reflection, fewer reactions.

More reading, less skimming.

More encouraging, less criticizing.

More laughter, less stress.

More joy, more joy, more joy.

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