A Journey of Intentional Self Improvement

From now on, Try to schedule your month with these:



- [ ] 1 Lunch date w/a friend
- [ ] 24 hrs no social media
- [ ] 1 Day outdoors
- [ ] 1 Night out w/friends
- [ ] 1 date night (even w/ just yourself)
- [ ] 1 Breakfast meetup w/ friends
- [ ] 1 Movie night
- [ ] 1 Day serving others
- [ ] 1 Day completely to yourself

More info: https://www.pinterest.com/lifebygrit/

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