

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/>