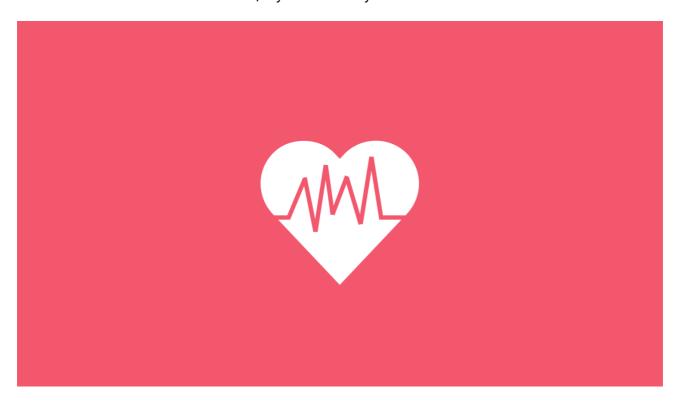
## **A Journey of Intentional Self Improvement**

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



1 L	unch date w/a friend	d
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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/