

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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