

2023

SELF IMPROVEMENT MONTH

mon	tue	wed	thu	fri	sat	sun
1 Meditate 10 min	2 Create Diet Plan	3 Deep Breathing	4 Read 1 Chapter	5 Walk/jog 30 min	6 Nature Time	7 Grateful for ...
8 Workout 30 min	9 Be Kind to Someone	10 Game or Puzzle	11 Drink 2L Water	12 Creative Activity	13 Podcast/ TED talk	14 Sleep >8 Hours
15 Learn a new thing	16 Cook Healthy	17 Help or Volunteer	18 Self Reflection	19 Dance session	20 Friends/ Family	21 No Social Media
22 Sleep earlier	23 Sit in Silence	24 Listen to Music	25 Stretch Routine	26 Future Me Letter	27 I Love ... About Me	28 New Recipe
29 Set New Goals	30 Celebrate Journey!	31	1	2	3	4

Trust yourself.
You can do this

@thriveherlife