

# Be your own best friend.

Day	How I Spent 15 Minutes of ME Time	Good Food Choice	Wise Financial Choice	Friend(s) I Reached Out To Today
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

# Be your own best friend.

Day				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

*“And now that you don't have to be perfect, you can be good.”*

*— John Steinbeck*

Day				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

# Time you enjoy wasting is not wasted time.

Day				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Take time to do what makes your soul happy.

Day				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

"If your compassion does not include yourself, it is incomplete."

— Jack Kornfield

Day				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

"Talk to **YOURSELF** like **YOU** would **SOMEONE** **YOU** **LOVE**."

BRENE BROWN

Day				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

*Some days you just have to create your own sunshine.*

Day				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				