






# MARCH

PUT YOUR HEART, MIND, AND SOUL INTO EVEN YOUR SMALLEST ACTS.  
THIS IS THE SECRET OF SUCCESS.

SUN	MON	TUE	WED	THU	FRI	SAT
		Plan your month			Quit one bad habit	
Walk at least 30 minutes 				Romanticize your shower		Try a new breakfast recipe
	Start a journal 		End your shower cold.		Clean your space	
Call a friend and take them to lunch 		Meditate at morning		Soak up some vitamine D 