

April 2015

Goal: grow in some way, shape, or form
Focus on working your brain



We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth. –Virginia Satir

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		