

APRIL II GROWTH

Face it. we all need to grow in some way, shape, or form. Learning never needs to cease. Have you really worked your brain lately? What do you need to do to stay up to date with work or well-being? April is a month to learn how to better care for ourselves, kids, family.

This month, make it a goal to grow, grow, grow. Every little bit counts.

*What part of your life needs a little change, a little growth? A fresh start?
Do you need to grow emotionally? mentally? physically? professionally?*

Set three goals for yourself this month.
Then share how you will meet that goal.

Ex: I will grow mentally by reading two books this month. OR, I will grow professionally by learning a new photo-editing skill.



goal: _____

goal: _____

goal: _____

GET YOUR KIDS IN THE MIX

-----> Consider a way that your whole family can 'grow' together. Can you take a cooking class? Try something new? Challenge yourselves mentally with weekly puzzles?

NEXT UP? SELF!

-----> Next month, YOU are the star of the show. For real. Get ready. Get set. . .



to live focused is to live
with intention & purpose
*We get one life.
Let's make it count.*
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