

March 2015

Goal: align thoughts and actions
Focus on giving yourself time for clear thinking



The greatest weapon against stress is our ability to choose one thought over another. –William James

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	31				