

February's Focus: RELATIONSHIPS

LOVE

Foster intimacy with your significant other by scheduling a weekly or monthly date night.

CHILDREN

Schedule one day per week to spend one on one time with each of your children, doing an activity of their choice.

PARENTS

Pick one day per week to visit or call your parents.

BFF

Plan one girls night out per month to spend time with your closest girlfriends, no boys or children allowed.

FRIENDS

Host a get together once a month to have fun with your friends ie. game night, movie night, cocktails and apps.

OTHER

Do something nice for a co-worker or neighbor this month that needs a little extra support.

VALENTINE

Find something extra special to do for Valentine's Day.

NOTES:

TO DO LIST: