

Self-Change

30 DAYS TO CHANGE

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

Chose 5 things you will work on each day to help bring you joy, happiness and make you feel more like you.

1.

2.

3.

4.

5.