

Helpful Tips **SELF-IMPROVEMENT**

Take a Look at your Physical Environment

Take just 10 minutes a day for the next five days to work on straightening up your surrounding spaces.

Spend Time with a Friend

Seek out a best friend this week and set a time for lunch, a movie, a walk in the park, or anything else that comes to mind.

Take a Television Break

This week, try reading a book, working on a craft project, play a game, write a story, or take a walk instead of turning on the TV.

