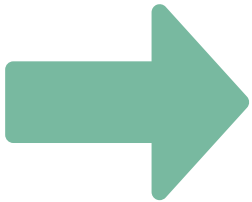


Create Your Month - Brainstorm



Current Project Ideas

- Establish a solid 10:30pm bedtime
- Finish one painting from my acrylics course
- Schedule 4 getaways with Eric for the year
- Help Spencer find an after-school job
- Update the calendar with “We Love to Be a Family Day” and all birthdays for extended family members
- Set up a check-in and training for the church Emotional Resilience program
- Prepare *Four Weeks to Finished!*
- Prepare ARISE survey

Monthly Routine Ideas

- Two-way journal twice a month
- Library trip/check out a big basket
- Coaching call
- Cook a favorite dinner or new recipe together once a month/do a fun activity with all the children
- Get-togethers with extended family
- 2 activities with family and friends (a play, hike, date night, etc.)
- Review, clean up, back up, and share meaningful photos from the month with those I love
- ARISE Monthly Planning Meeting
- Monthly LearnDoBecome Team Meeting
- Email/connect with church Emotional Resilience facilitators

