



Meatless

MONDAY

Sacrifice for the greater good.

Talk it out

TUESDAY

Develop effective listening and communication skills.

Walk and talk

WEDNESDAY

Self reflection; are my actions aligning with my values?

Touch some text

THURSDAY

Expand your personal knowledge base.

Fun

FRIDAY

Enjoy life.

Save the soil

SATURDAY

Reduce, reuse, recycle.

Saturate the soul

SUNDAY

Personal strengthening.

