

COMMIT TO *GROWTH*

JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				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	

Explore growth opportunities to expand your mind.
Commit to at least three activities from the list below.

- Explore your [Life Coaching benefit](#)
- Listen to the [Emotion Well podcast to explore the Enneagram](#)
- Learn how to say hello in three languages
- Visit a library or museum
- Watch a documentary

