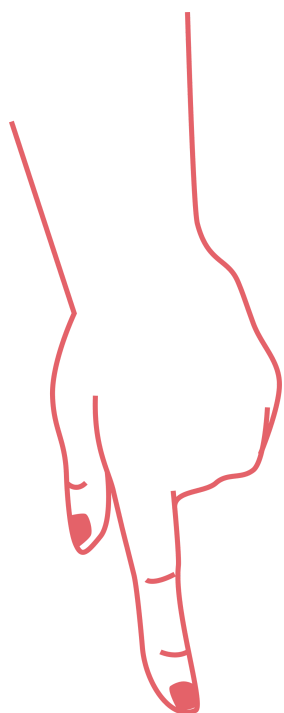


COMMIT TO *BOUNDARIES*

DECEMBER 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



Protect your time and priorities by committing to at least three activities from the list below.

- Practice saying “no”
- Unplug from work and email** after hours
- Take your lunch break
- Silence or set your phone to Do Not Disturb for two hours
- Ask permission to hug or shake hands

