



ONE LINE A DAY

Month: _____ One sentence. That's the whole commitment.

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

31

Tip: write it before you plug in your phone for the night.