

NEXT MONTH
GOALS

HEALTH IS
WEALTH

EAT
MORE
GREENS

LOVE LIFE

BE FEARLESSLY AUTHENTIC

FEEL THE MOMENTS

CHERISH FAMILY
PHOTOGRAPHS

STAY POSITIVE
AND HAPPY

SELF AWARENESS

BE CURIOUS

NO REGRETS

USE LESS PLASTIC

THE MORE WE TALK, THE MORE
WE UNDERSTAND

DON'T KILL THE
FIDDLE FIG