



TODAY IS...

WEDNESDAY

BIG DREAM



MAKE AN ONLINE PROFILE... AND...  
START DATING AGAIN!



TINY GOAL FOR TODAY



TEXT SARAH and ASK IF SHE  
WILL TAKE NEW PHOTOS OF ME!

EXTRA CREDIT



SET A TIMER FOR 10 MINUTES,  
MEDITATE, VISUALIZE MY IDEAL PARTNER



GO THROUGH MY CLOSET, PULL OUT  
ITEMS, CREATE A "FIRST DATE" OUTFIT

YOU'RE DOING A GREAT JOB!