

Dates on the Calendar

Look ahead at the dates that are coming and decide how you want to meet them.

WHEN TO USE THIS

Use this a week or two before a birthday, an anniversary, or a holiday.

The dates coming up. Add only the ones that matter to you.

DATE	WHAT IT IS	WHAT I MIGHT DO

Which one are you dreading most? What is it about that day?

There is no right way to mark a date. Going somewhere, staying in bed, and ignoring it completely are all allowed.

Who could be with you that day, or on the end of a phone?

Having a rough plan does not mean the day will be easy. It means you are not facing it cold.