



the LTME no contact calendar.

STEP 1. COMMIT TO NO CONTACT WITH YOUR EX FROM MAY TO JULY 2017.

STEP 2. GRAB A BIG ASS PEN OR HECK, A WHOLE NEW BOX OF CRAYONS.

STEP 3. CROSS OFF EACH DAY ONE BY ONE UNTIL THE THREE MONTHS ARE DONE AND DUSTED.

STEP 4. GIVE YOURSELF A HIGH FIVE BECAUSE YOU ABSOLUTELY ROCK.

STEP 5. START YOUR AWESOME NEW LIFE.

Start crossing
out those days!



may

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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Sometimes good things fall apart so better things can fall together.


june

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The only way out
is through.

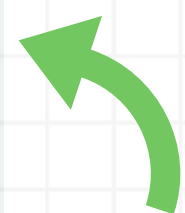
ROBERT FROST

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

 Woohoo... You're more
than halfway there...

july

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

 YOU DID IT! Nice one.
Time to go celebrate.

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Yesterday is gone
and its tale told.
Today, new seeds
are growing.