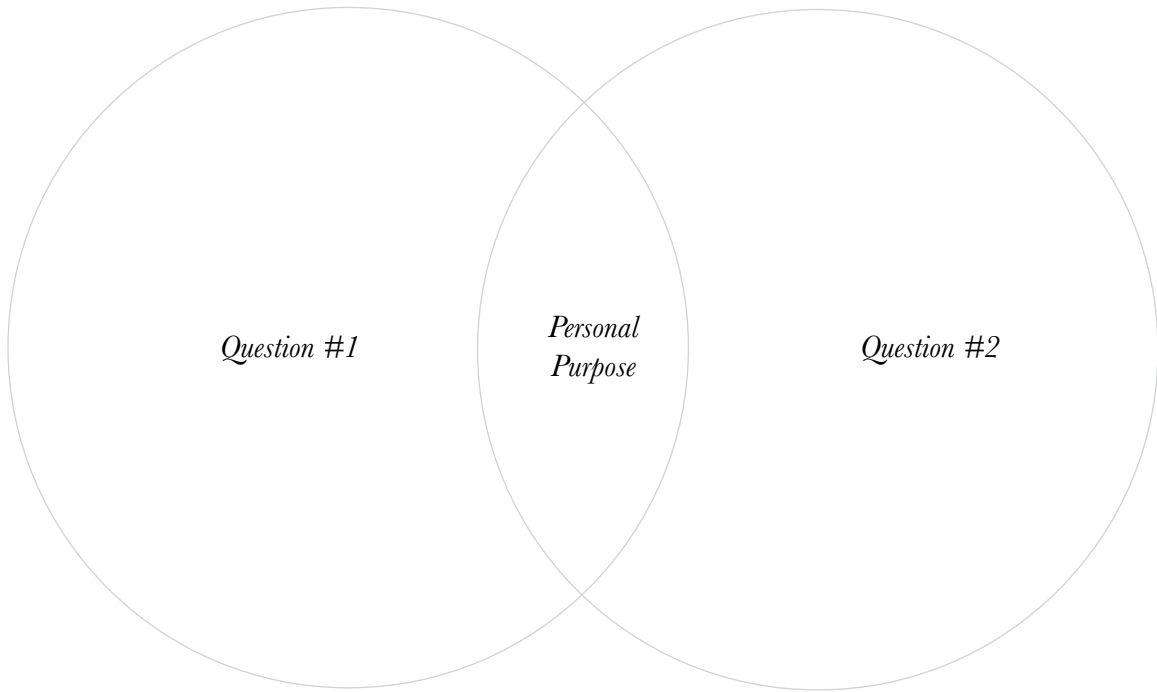


3 THINGS TO TRY THIS MONTH



No. 3 What are three things you're going to commit to trying this month?