

# 30 Days of Ideas to Make a Difference in Your Life

My strengths \_\_\_\_\_  
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My challenges \_\_\_\_\_  
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**The following tips are written from my personal experience – what worked and continues to work for me.**

**FASD has many general characteristics and for that reason it is my hope that what I have learned in my life can bless others.**

**You can pick one idea for every day of the month.**

**Try any or all of them.**

**I hope some will work for you.**

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