



Welcome to CSPMA where you can kick your addiction for good  
**Sex, Porn and Masturbation Addiction**

Online Course | Affordable | [CSPMA.ORG](http://CSPMA.ORG)

Living Intentionally is about making choices that will help guide you positively throughout the day. When you live with intention you are setting yourself up for success. The best way to go about living intentionally is to create a schedule for yourself so that you know exactly what you should be doing at what time. This will help eliminate boredom, triggers and situations that can cause you to relapse. Use the chart below to create your schedule. Be sure to include:

- Wake up times and bedtimes
- Meals (include meal planning and shopping)
- Fitness
- Self-reflection (ie: meditation, working on courses, spiritual practices, etc.)
- Social activities
- Rest times

Day	Morning	Afternoon	Evening
Sunday			
Monday			
Tuesday			

<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			