#mybestself

2017



WELLBEING Be my healthiest self

January m T W T & S S								
m	T	w	T	F	\$	\$		
						1		
2	3	,	5	6	7	8		
9	10	11	12	13	17	15		
16	17	18	19	20	21	22		
23	21	25	26	27	28	29		

30 31



LOVE
Be my most loving self

Jebruary m T W T F S !									
m	T	W	T	F	\$				
		1	2	3	1				

		-	_			•
6	7	8	9	10	11	12
13	11	ts	16	17	18	19
20	21	22	25	21	25	26
27	28					



APPRECIATION

Be my most grateful self

March									
m	T	W	T	F	\$	2			
		1	2	5	7	5			
6	7	8	9	10	11	12			
13	19	ts	16	17	18	19			
20	21	22	23	24	25	26			
27	21	10	30	11					



EMPOWERMENT

Be my most powerful self

April m T W T F S S								
m	Т	w	Υ _τ	F	\$	\$		
					1	2		
3	,	5	6	7	ě	9		
10	11	12	13	17	15	16		
17	18	19	20	21	22	23		
21	25	26	27	28	29	30		



HAPPINESS
Be my happiest self

May										
m	T	W	T	F	\$	2				
1	2	5	i	5	6	7				
8	9	10	11	12	В	17				
15	16	17	18	19	20	21				
22	23	29	25	26	27	28				
29	30	31								



DREAMS

Be my dream self

June								
m	T	w	T	F	\$	2		
			1	2	3	i		
5	6	7	8	9	10	11		
12	15	11	15	16	17	18		
19	20	21	22	25	21	25		
26	27	28	29	30				



AUTHENTICITYBe my authentic self

July m t w t & s s									
m	T	w	T	F	\$	\$			
					1	2			
3	,	5	6	7	ı	9			
10	11	12	13	11	15	16			
17	18	19	20	21	22	25			
21	25	26	27	28	29	30			
14									



PRESENCE
Be my most present self

		4	ug	uş	t	
m	T	W	T	F	\$	\$
	1	2	5	,	5	6
7	8	9	10	11	12	13
17	15	16	17	18	19	20
21	22	23	21	25	26	27
28	29	30	31			



COURAGE

Be my bravest self





KINDNESS
Be my kindest self
October

m	T	W	T	F	\$	S
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9	10	11	12	B	17	1
16	17	18	19	20	21	20
25	21	25	26	27	28	29
30	31					



CALMNESS
Be my calmest self

November								
m	T	W	T	F	ς	2		
		1	2	3	,	5		
6	7	8	9	10	11	12		
13	17	ts	16	17	18	19		
20	21	22	25	21	25	26		
27	28	29	50					



REVIEW
I am my best self

December									
m	T	W	T	F	\$	\$			
				1	2	5			
t	5	6	7	8	9	10			
11	12	13	11	15	16	17			
18	19	20	21	22	23	21			
25	26	27	28	29	50	31			

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