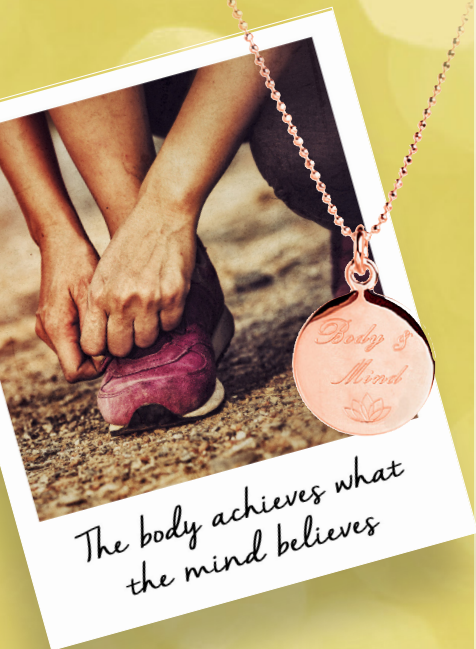


2017
#mybestself



The body achieves what
the mind believes

April - be my most powerful self

Ways I am going to feel
empowered this month:

1. _____

2. _____

3. _____

4. _____

5. _____

What might stop me:

Ways I am going to succeed (e.g. act in a more confident
way; move out of my comfort zone; use a power mantra):

My intention this month is
to feel more empowered.

This includes: behaving in a more
confident and stronger way; taking
control of my life rather than letting it
happen to me; supporting other women
in any way I can; overcoming my fears

My personal mantra for the month is:-

Feel inspired every day
www.mantrajewellery.co.uk



EMPOWERMENT
Be my most powerful self

April

M T W T F S S

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30