



# August - be my most present self

Ways I am going to be present this month:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What might stop me:

Ways I am going to succeed (Paying close attention to the 'here and now'; bringing my attention back, if it wanders; doing one thing at a time):

My intention this month is to be my most present self.

This includes: Focusing on what is in front of me, rather than thinking about other things; putting my phone away when I am talking to someone face-to-face; trying out meditation.

My personal mantra for the month is:-

Feel inspired every day  
[www.mantrajewellery.co.uk](http://www.mantrajewellery.co.uk)



PRESENCE

Be my most present self

August

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	31			