



2017  
#mybestself



## February - be my most loving self

Ways I am going to show  
more love this month:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

What might stop me:

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Ways I am going to succeed (e.g. plan some loving  
gestures; book 'we-time' in my diary; make a list of treats):

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*My intention this month is  
to be more loving.*

*This includes: showing people how much  
I love them; feeling love for strangers;  
sharing stories about love; being more  
loving to myself.*

My personal mantra for the month is:-

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



LOVE  
Be my most loving self

February  
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 |    |    |    |    |    |