



July - be my authentic self

Ways I am going to be my real self this month:

1. _____
2. _____
3. _____
4. _____
5. _____

What might stop me:

Ways I am going to succeed (e.g. Enlisting a friend to tell me when I'm not being my true self; checking what I post on social media):

My intention this month is to be my authentic self.

This includes: admitting to mistakes when I make them; not going along with a group opinion, if I disagree; catching myself out on social media, if I post something fake; finding ways of standing up for what I believe in.

My personal mantra for the month is:-

Feel inspired every day
www.mantrajewellery.co.uk



AUTHENTICITY
Be my authentic self

July

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