



# March - be my most grateful self

Ways I am going to show more appreciation this month:

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

What might stop me:

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Ways I am going to succeed (e.g. plan time every day to review what I am grateful for):

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My intention this month is to be more appreciative.

This includes: spending every day thinking about all that I have to be grateful for; taking the time to show appreciation to the people in my life who make a difference to me.

My personal mantra for the month is:-

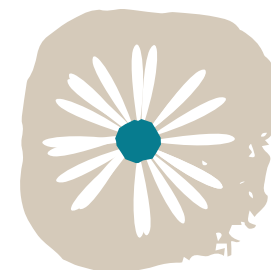
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Feel inspired every day  
[www.mantrajewellery.co.uk](http://www.mantrajewellery.co.uk)



**APPRECIATION**  
Be my most grateful self

March

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		