

2017
#mybestself



May - be my happiest self

Things I'm going to do differently:

What might stop me:

Ways I am going to succeed (e.g. spend time assessing what makes me happy; plan time for some of these each week):

1. _____

2. _____

3. _____

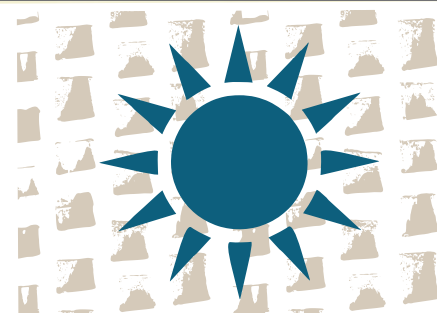
4. _____

5. _____

My intention this month is to prioritise my happiness.
This includes: Connecting with others; appreciating what I have in life; building happy experiences into my life.

My personal mantra for the month is:-

Feel inspired every day
www.mantrajewellery.co.uk



HAPPINESS
Be my happiest self

May

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				