

2017
#mybestself



October - be my kindest self

Ways I am going to be kind
this month:

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

What might stop me:

Ways I am going to succeed (Asking my friends to notice
my actions; setting a daily intention to be kind; making a
list of kind things I can do this month):

*My intention this month is
to be my kindest self.*

*This includes: Smiling, thanking
and chatting to people I take for
granted; complimenting people;
thinking well of strangers, rather than
judging; putting myself out for others.*

My personal mantra for the month is:-

Feel inspired every day
www.mantrajewellery.co.uk



KINDNESS
Be my kindest self

October

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					