



September - be my bravest self

Ways I am going to be brave this month:

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

What might stop me:

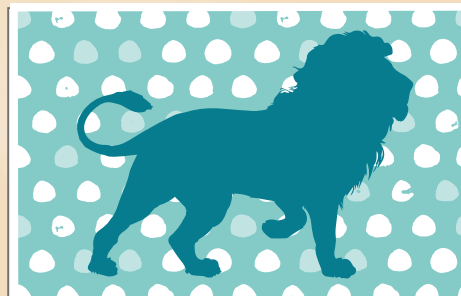
Ways I am going to succeed (Asking my friends to help me; setting a daily intention to be courageous; making a list of brave things I can do this month):

My intention this month is to be my bravest self.

This includes: Saying yes to new experiences this month. Doing one thing that I have been avoiding, because it scares me. Writing down my worst fears, and finding one small thing for each that helps me move through my fear.

My personal mantra for the month is:-

Feel inspired every day
www.mantrajewellery.co.uk



COURAGE
Be my bravest self

September

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	