

2017
#mybestself



November - be my calmest self

Ways I am going to be calm this month:

What might stop me:

Ways I am going to succeed (e.g. going to bed earlier; planning time for exercise; asking a friend to notice if I am getting stressed; slowing down; repeating a mantra):

1. _____

2. _____

3. _____

4. _____

5. _____

My intention this month is to be my calmest self.

This includes: staying in control of my emotions; slowing down; staying positive; focusing on solutions not problems; not losing my temper or getting stressed.

My personal mantra for the month is:-

Feel inspired every day
www.mantrajewellery.co.uk

CALMNESS
 Be my calmest self

November

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		