

2017
#mybestself



January - be my healthiest self

Things I am going to do differently this month:

1. _____

2. _____

3. _____

4. _____

5. _____

Things that sometimes hold me back:

Ways I am going to succeed (e.g. create a new routine; enlist a friend; keep a journal)

My intention this month is to prioritise my wellbeing.

This includes: eating better, drinking more water and less alcohol, moving more, sleeping more.

My personal mantra for the month is:-

Feel inspired every day
www.mantrajewellery.co.uk



WELLBEING
Be my healthiest self

January

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					