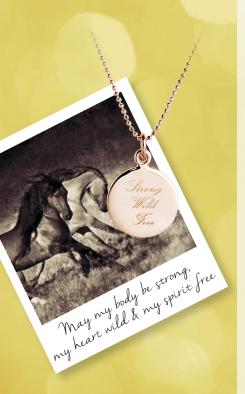


2017 #mybestself



## January - be my healthiest self

Things I am going to do differently this month:

Things that sometimes hold me back:

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

. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

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

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