

*My Thoughts  
My Journal*



*I focus on Beauty and Beauty  
manifests all around me.*



*Isn't it  
Wonderful  
something  
marvellous  
is happening  
to Me.*

*I am growing &  
learning more about  
Myself everyday!*

# January

*My Personal intentions for this month are:*



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**For your body...**pedicures help increase circulation and ease tension. So – give those feet a pick me up with your own weekly pedicure, even in the winter.

**For your mind...** hire a housekeeper. Even, if the housekeeper makes the same wage as you—you are gaining time and relieving stress.

**For your soul...**play with your children, your grandchildren or even become a mentor to a child. We all grow up too fast and by surrounding yourself with children you will remember the simple joy of playing.

<b>Week 1</b>	
What I am Grateful For:	
What my Challenge was:	
What I am Proud of:	
What I did for Fun:	
<b>Week 2</b>	
What I am Grateful For:	
What my Challenge was:	
What I am Proud of:	
What I did for Fun:	
<b>Week 3</b>	
What I am Grateful For:	
What my Challenge was:	
What I am Proud of:	
What I did for Fun:	
<b>Week 4</b>	
What I am Grateful For:	
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What I did for Fun:	

# February

*My Personal intentions for this month are:*



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**For your body...**keeping active by exercising not only helps you to lose those few extra pounds but also tones your muscles leaving you looking better but also feeling healthier by helping to ward off diseases.

**For your mind...** keep a notebook on your night table. When ideas come to mind, write them down. It's amazing how fast we forget.

**For your soul...**take a moment each day to reflect on the day. Find 1 or 2 good things that happened even if it appears to be one of your worst days. Perhaps it was just the simple kindness of someone letting you merge into traffic. Everyday something good happens.

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<i>What I am Grateful For:</i>	
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<i>What I did for Fun:</i>	

# March

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**For your body...** taking general care of your body includes small things which go towards making you look good, e.g. having a make-over by way of changing your old hairstyle, getting it cut and dyed can make a huge difference to how you feel and give you a much needed boost.

**For your mind...** prepare yourself for tomorrow. Lay out the clothes you are going to wear and make lunch for yourself or your family. By being prepared in the morning, you relieve early morning stress.

**For your soul...**take a walk out in nature. Go throw rocks in the river or dust off you camera and take pictures of birds, flowers, trees or water. Even if it is raining out; don't let that stop you! Just take an umbrella and enjoy yourself jump in the puddles even!

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What I did for Fun:	
<b>Week 4</b>	
What I am Grateful For:	
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What I am Proud of:	
What I did for Fun:	

# April



*My Personal intentions for this month are:*

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**For your body...***always read food labels so you know how much fat, sodium and other ingredients you are eating in your diet.*

**For your mind...***place drops of lavender on the corners of you pillow before you go to bed and sip on a cup of chamomile tea before bed. A good sleep is essential for your mind to function the next day.*

**For your soul...***book a date with yourself once a month. The simple essence of being alone with yourself is not lonely; it gives you time to learn more about yourself and reflect on who and what you are about.*

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<b>Week 3</b>	
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<b>Week 4</b>	
<i>What I am Grateful For:</i>	
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<i>What I did for Fun:</i>	

# May

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**For your body...**take a salt bath to detoxify and revitalize.

**For your mind...** before going to sleep at night tell yourself tomorrow is gong to be the best day of your life.

**For your soul...**spend some time with aging relatives. Too soon they are forgotten and they have a lifetime of wisdom that you can learn from them.

<b>Week 1</b>	
<i>What I am Grateful For:</i>	
<i>What my Challenge was:</i>	
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<i>What I am Grateful For:</i>	
<i>What my Challenge was:</i>	
<i>What I am Proud of:</i>	
<i>What I did for Fun:</i>	

# June



*My Personal intentions for this month are:*

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**For your body...***the benefits of walking are numerous to your health and well being and simply by altering your routine and walking 30 minutes or more each and every day.*

**For your mind...***learn to relax more. Breathe deep and close your eyes. Try blocking out the day and just listen to the sound of your breathing.*

**For your soul...***give a gift to someone you don't know. Just a simple act of kindness can bring you great pleasure.*

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<i>What I am Grateful For:</i>	
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<b>Week 4</b>	
<i>What I am Grateful For:</i>	
<i>What my Challenge was:</i>	
<i>What I am Proud of:</i>	
<i>What I did for Fun:</i>	

# July

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**For your body...** along with making changes to your diet you should include supplements such as vitamins, nutrients and minerals. Modern farming methods strip many of our foods of the minerals our bodies require and now just provide us with the basic nutrients.

**For your mind...** remove the stress of not knowing what to make for dinner. Plan the day before even if it's only a matter of taking the meat out of the freezer for the next day.

**For your soul...** write down your goals (personally & professionally) or you will never achieve them. By writing them down, you are committing yourself. Consider all your dreams also! And then follow them—never give up on your Dreams!

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What I am Grateful For:	
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What I did for Fun:	

# August

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**For your body...**give your face an instant glow! Whip up a facial mask in the comfort of your own kitchen with your own ingredients.

**For your mind...** calm your mind by adding the sound of soothing water with a fountain or a fish tank (fish not only re good luck but they also help you relax). Consider gold fish for the easiest maintenance.

**For your soul...**learn something new every day! Knowledge is power and by learning and sharing your knowledge you enhance your character.

<b>Week 1</b>	
<i>What I am Grateful For:</i>	
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<i>What I did for Fun:</i>	

# September

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**For your body...**try going a day without make-up once a week. Give your face a break and go au natural.

**For your mind...** turn off your phone and shut down your e-mail for an hour a day. Nothing is that important that can't be responded to in an hour.

**For your soul...**surround yourself with positive people. Negative people and thoughts create negative actions. This might mean you need to develop some new friendships and distant yourself from some others.

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<i>What my Challenge was:</i>	
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# October

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**For your body...***exfoliate your hands once a day!*

**For your mind...***get rid of clutter in your home and office. By removing clutter your mind will be more at ease. Keep up with de-cluttering monthly.*

**For your soul...***tell someone you love them even if you are afraid. Three simple words can change yours and some else's life.*

<b>Week 1</b>	
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# November

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**For your body...**book yourself in for a massage or even better bribe someone to give you one.

**For your mind...** try driving home a different way form work. We get so use to routine that our minds don't get stimulated. By doing things out of routine, your mind becomes sharper.

**For your soul...**It's never too late to experience something new. Try taking up a new sport like tennis, golf or hiking. Not only will you will learn something, you will meet new people to enrich your life.

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# December

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**For your body...**take care of your skin. Wear sunscreen everyday even if the sun isn't shining.

**For your mind...** always sleep with your window open. The fresh air is an excellent way to rejuvenate you for the morning.

**For your soul...**grow a garden or plant pots in your home. By bringing the beauty of nature into your home and garden you are surrounding yourself with serenity and tranquility.

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