



August

2017

# August - Month of Beauty and Inner Strength

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>1 August's symbol; gladioli - beauty, love and strength</p>	<p>2 Look in the mirror - what beauty do you see?</p>	<p>3 Many struggle to see their own beauty? Do you?</p>	<p>4 Find one thing that you like about yourself</p>	<p>5 Create an affirmation of self-love</p>	<p>6 Focus on the love with family and friends today</p>
<p>7 August is 'Happiness Happens' month</p>	<p>8 As you set out on your day say, 'I am strong'</p>	<p>9 What does inner strength mean to you?</p>	<p>10 Think about how happiness depends on self love</p>	<p>11 What beauty do you see around you?</p>	<p>12 How do you show your inner beauty to others?</p>	
<p>14 Motivation Monday, start your week right</p>	<p>15 Out of 10, how is your inner strength?</p>	<p>16 What stops you from feeling stronger?</p>	<p>17 Fear and self doubt are our biggest demons</p>	<p>18 Fears are not real, they are irrational thoughts, no more</p>	<p>19 If you could remove one fear, which would it be?</p>	<p>20 Practice love outside of you today with friends</p>
<p>21 What do you have to feel grateful for today?</p>	<p>22 How would your best friend describe you?</p>	<p>23 Imagine your friend was right</p>	<p>24 What if they are right and you are beautiful?</p>	<p>25 'I am beautiful and strong'</p>	<p>26 Give self-love and do something for you today</p>	<p>27 How does it feel to take time out for yourself?</p>
<p>28 Write a love letter to yourself</p>	<p>29 Imagine inside is growing stronger and beautiful</p>	<p>30 Love and respect for self is key to happiness</p>	<p>31 Look back at August and celebrate you!</p>			