

# JUNE

## Month THREE: MIND

Focus on creating a positive head space and self talk

**6.11.18: SPEAK OR WRITE 3 THINGS OF GRATITUDE**

**6.25.18: MEDITATE/ DEEP BREATHING (5 MIN ++)**

IT IS UNBELIEVABLE  
HOW ENOUGH YOU ARE-  
UNKNOWN

			W	T	F	S
S	M	T				
					1	2
3	4	5	6	7	8	9
10	<b>11</b>	12	13	14	15	16
17	18	19	20	21	22	23
24	<b>25</b>	26	27	28	29	30