



**YOUR PMA BATH CALENDAR**

**DAILY, TAKE A MENTAL "BATH"!**

- B** BOOKING (at least 1)
- A** AFFIRMATION (Say out loud)
- T** TAPE (MK Training or Motivation)
- H** HOTLINE (812-429-3703 or [apace@marykay.com](mailto:apace@marykay.com))

# Positive Mental Attitude

B A T H	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
B A T H	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
B A T H	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
B A T H	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
B A T H	<b>29</b>	<b>30</b>	<b>31</b>				