



# Miles for Monarchs Aug. 28 - Oct.1, 2023

## Weekly Miles Tracking



### Week 1

Monday, August 28	
Tuesday, August 29	
Wednesday, August 30	
Thursday, August 31	
Friday, September 1	
Saturday, September 2	
Sunday, September 3	
Report weekly total to <a href="http://milesformonarchs.com">milesformonarchs.com</a>	Weekly Miles Total:

### Week 3

Monday, September 11	
Tuesday, September 12	
Wednesday, September 13	
Thursday, September 14	
Friday, September 15	
Saturday, September 16	
Sunday, September 17	
Report weekly total to <a href="http://milesformonarchs.com">milesformonarchs.com</a>	Weekly Miles Total:

### Week 2

Monday, September 4	
Tuesday, September 5	
Wednesday, September 6	
Thursday, September 7	
Friday, September 8	
Saturday, September 9	
Sunday, September 10	
Report weekly total to <a href="http://milesformonarchs.com">milesformonarchs.com</a>	Weekly Miles Total:

### Week 4

Monday, September 18	
Tuesday, September 19	
Wednesday, September 20	
Thursday, September 21	
Friday, September 22	
Saturday, September 23	
Sunday, September 24	
Report weekly total to <a href="http://milesformonarchs.com">milesformonarchs.com</a>	Weekly Miles Total:



# Miles for Monarchs Aug. 28 - Oct. 1, 2023

## Weekly Miles Tracking



### Week 5 (Happy Pollinator Week!)

Monday, September 25	
Tuesday, September 26	
Wednesday, September 27	
Thursday, September 28	
Friday, September 29	
Saturday, September 30	
Sunday, October 1	
Report weekly total to <a href="https://milesformonarchs.com">milesformonarchs.com</a>	Weekly Miles Total:

### Encouraging Affirmations

The main goal of Miles for Monarchs is to conserve the monarch butterfly migration, but another goal of this challenge is to support personal wellness. Below are affirmations you can repeat to yourself throughout the challenge.

"I am capable of overcoming any challenge that comes my way."

"I possess the strength and resilience to create the life I desire."

"Every day, I am becoming a better version of myself."

"I am worthy of love, success, and happiness."

"I have the power to turn my dreams into reality."

"I am surrounded by abundance and opportunities."

"I am deserving of all the good things that come into my life."

"I have the courage to step out of my comfort zone and embrace growth."

"I trust in my intuition and make choices that align with my highest good."

"I am grateful for all the lessons and experiences that have shaped me into who I am today."

"I am proud of myself and my accomplishments, no matter how big or small."

"I am in control of my thoughts, and I choose to focus on positivity and self-belief."

"I am capable of achieving my goals and creating a life of fulfillment."

"I am deserving of self-care and prioritize my well-being."

"I release any negative thoughts and embrace a mindset of abundance and positivity."

"I am surrounded by love and support from those who believe in me."

"I am resilient, and I bounce back from setbacks with grace and determination."

"I trust in my own abilities and have faith in my journey."

"I am worthy of success, and I am open to receiving all the good that comes my way."

"I am unique and valuable, and I contribute positively to the world around me."

### Share Your Journey

We encourage you to share your challenge progress and fun pollinator-related finds on social media. Please tag @monarchjointventure and use any of the following hashtags in your posts.

#milesformonarchs #monarchjointventure #monarchconservation

#monarchbutterfly #pollinators #pollinatorhabitat #plantnative #plantdiverse

#plantmilkweed

Miles for Monarchs

Website



Miles for Monarchs

Facebook Group



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Conservation



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