



Mindfulness calendar

M	T	W	T	F	S	S
Choose a word that makes you feel good or that calms you down, and repeat it three times, twice during the day	Breathe. Stop for a few minutes. Take time to focus on your breathing at a pace that feels comfortable.	When you wake up, take time to stretch. Welcome the new day by setting an intention.	Focus on the positive. Positive thoughts lead to more positive thoughts.	Respond instead of react. Take a few seconds to calm down before responding to an upsetting situation.	Make a list of the good things you did during the day.	Thank someone for something they did or said, or simply for being there.
Sit outside. Close your eyes. Notice the little details that your other senses detect when your eyes are closed.	Think about what makes you feel stressed and about the physical sensations that triggers. Listen to the stress management meditation.	Do some housework! Sort, put away, donate. Ask yourself why you're keeping certain things and why you like them, and then choose to keep them with intention.	Take time to listen to what others are saying. Notice what it feels like to be fully present with someone.	Taste your food mindfully. Notice how it smells, tastes, and makes you feel.	Get some rest. Notice the softness of the blankets, the comfort of the mattress, and the plushness of the pillow. Fall asleep peacefully.	Stop being so hard on yourself. Show self-compassion.
Find a spot in nature and fill your lungs with fresh air while mindfully stretching your legs.	Let your creativity flow! Draw, write, paint, or do something else creative.	Be kind to the planet. Focus on buying less or reducing your waste for a day or longer.	Focus on your foundation and self-confidence by listening to the mountain meditation.	Grow a plant. Whether inside or outside, take the time to plant a seed and water it, then watch it grow.	Ask yourself where the products you buy come from and how they are made. Think about who produced them and under what conditions.	Celebrate friendship. Ask a close friend to spend some time with you. Cook them dinner or plan an activity they enjoy.

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Notice your body, the freedom it allows you, and how complex it is. Do a body scan.	Talk. Show openness and tolerance. Welcome conflict with grace.	Cherish family time. Tell people why you love them. Snuggle up together and watch a movie.	Read about mindfulness. Get informed. Decide what you like and let go of the things you don't.	Help someone. Open a door, carry a heavy bag, or walk a dog. Notice the ways you make other people happy.	Try something new. Notice how your attention becomes more focused when you're learning something new.	Acknowledge how lucky you are to be healthy by going for a bike ride, taking a walk, or doing an outdoor activity.
Get inspired by looking at pictures of beautiful landscapes, listening to someone talk about their travels, or describing your dream adventure.	Dance, do yoga, or move around. Notice that it's your breath that guides and paces your movements, and not the other way around.	BONUS! Learn. Stop thinking you need to be somewhere and get excited about learning.				



“Wherever you go, there you are!”

- Jon Kabat-Zinn



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