

# Mindfulness Calendar 2022

## January

Sunday    Monday    Tuesday    Wednesday    Thursday    Friday    Saturday

Where do I see myself at the end of this month?  
Why?

2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	How do I feel? What am I doing?				

1

**SELF TALK**  
For 7 min talk to yourself with love and admiration.  
Pay attention to self-talk throughout the day Journal at end of day

**AWARNESS**  
Inhale through right and exhale through left nostril while being aware of what you feel, hear, smell, taste, see. 1 min each sense. Reverse nostrils & repeat.

**WORTHINESS**  
What am I NOT worthy of?  
What am I worthy of?  
Sit and focus on breath for 7 min, then answer.

**PRESENT MOMENT**  
Focus on breath for 7 min, deep inhales and full exhales.  
Journal gratitude for what you see, feel, hear, smell, taste

