

Mindfulness Calendar 2022

March

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--------|--------|---------|-----------|----------|--------|----------|---|
| | | 1 | 2 | 3 | 4 | 5 | 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 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | 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. |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | WORTHINESS What am I NOT worthy of? What am I worthy of? Sit and focus on breath for 7 min, then answer. |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | PRESENT MOMENT Focus on breath for 7 min, deep inhales and full exhales. Journal gratitude for what you see, feel, hear, smell, taste |
| 27 | 28 | 29 | 30 | 31 | | | |

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

Why?

How do I feel?
What am I doing?

