

Mindfulness Calendar 2022

November

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

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

Why?

How do I feel?
What am I doing?

