

Mindfulness Calendar 2022

October

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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

Why?

						1
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	28	29	30
31	How do I feel? What am I doing?					

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

AWARENESS

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

