

Mindfulness Calendar 2023

December

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	27	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

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

