

# Mindfulness Calendar 2023

## February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	<b>SELF TALK</b> For 7 min talk to yourself with love and admiration. Pay attention to self-talk throughout the day Journal at end of day
5	6	7	8	9	10	11	<b>AWARNESS</b> 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.
12	13	14	15	16	17	18	<b>WORTHINESS</b> What am I NOT worthy of? What am I worthy of? Sit and focus on breath for 7 min, then answer.
19	20	21	22	23	24	25	<b>PRESENT MOMENT</b> Focus on breath for 7 min, deep inhales and full exhales. Journal gratitude for what you see, feel, hear, smell, taste
26	27	28					

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

Why?

How do I feel?  
What am I doing?

