

# Mindfulness Calendar 2023

## January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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				

### 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

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

Why?

How do I feel?  
What am I doing?

