

Mindfulness Calendar 2023

November

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		

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?

