

Mindfulness Calendar 2026

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?

