

# Mindfulness Calendar 2026

## May

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

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

**Why?**

3	4	5	6	7	1	2
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	<b>How do I feel? What am I doing?</b>					

### 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

