

Mindfulness Calendar

FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Where do I see myself by the end of this Month? WHY? HOW DO I FEEL? WHAT AM I DOING?</p>						<p>01 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</p>
<p>02 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.</p>	<p>03 WORTHINESS What am I NOT worthy of? What am I worthy of? Sit and focus on breath for 7 min, then answer.</p>	<p>04 PRESENT MOMENT Focus on breath for 7 min, deep inhales and full exhales. Journal gratitude for what you see, feel, hear, smell, taste</p>	<p>05 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</p>	<p>06 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.</p>	<p>07 WORTHINESS What am I NOT worthy of? What am I worthy of? Sit and focus on breath for 7 min, then answer.</p>	<p>08 PRESENT MOMENT Focus on breath for 7 min, deep inhales and full exhales. Journal gratitude for what you see, feel, hear, smell, taste</p>
<p>09 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</p>	<p>10 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.</p>	<p>11 WORTHINESS What am I NOT worthy of? What am I worthy of? Sit and focus on breath for 7 min, then answer.</p>	<p>12 PRESENT MOMENT Focus on breath for 7 min, deep inhales and full exhales. Journal gratitude for what you see, feel, hear, smell, taste</p>	<p>13 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</p>	<p>14 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.</p>	<p>15 WORTHINESS What am I NOT worthy of? What am I worthy of? Sit and focus on breath for 7 min, then answer.</p>
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