

Mindfulness Calendar

JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Where do I see myself by the end of this Year?</i> <i>Where do I see myself by the end of this Month?</i> WHY? HOW DO I FEEL? WHAT AM I DOING?</p>			01	02	03	04
05	<p>06 WORTHINESS <i>What am I NOT worthy of?</i> <i>What am I worthy of?</i> <i>Sit and focus on breath for 7 min, then answer.</i></p>	<p>07 PRESENT MOMENT <i>Focus on breath for 7 min, deep inhales and full exhales.</i> <i>Journal gratitude for what you see, feel, hear, smell, taste</i></p>	<p>08 SELF TALK <i>For 7 min talk to yourself with love and admiration.</i> <i>Pay attention to self-talk throughout the day</i> <i>Journal at end of day</i></p>	<p>09 AWARNESS <i>Inhale through right and exhale through left nostril while being aware of what you feel, hear, smell, taste, see. 1 min each sense. Reverse.</i></p>	<p>10 WORTHINESS <i>What am I NOT worthy of?</i> <i>What am I worthy of?</i> <i>Sit and focus on breath for 7 min, then answer.</i></p>	<p>11 PRESENT MOMENT <i>Focus on breath for 7 min, deep inhales and full exhales.</i> <i>Journal gratitude for what you see, feel, hear, smell, taste</i></p>
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<p>19 PRESENT MOMENT <i>Focus on breath for 7 min, deep inhales and full exhales.</i> <i>Journal gratitude for what you see, feel, hear, smell, taste</i></p>	<p>20 SELF TALK <i>For 7 min talk to yourself with love and admiration.</i> <i>Pay attention to self-talk throughout the day</i> <i>Journal at end of day</i></p>	<p>21 AWARNESS <i>Inhale through right and exhale through left nostril while being aware of what you feel, hear, smell, taste, see. 1 min each sense. Reverse.</i></p>	<p>22 WORTHINESS <i>What am I NOT worthy of?</i> <i>What am I worthy of?</i> <i>Sit and focus on breath for 7 min, then answer.</i></p>	<p>23 PRESENT MOMENT <i>Focus on breath for 7 min, deep inhales and full exhales.</i> <i>Journal gratitude for what you see, feel, hear, smell, taste</i></p>	<p>24 SELF TALK <i>For 7 min talk to yourself with love and admiration.</i> <i>Pay attention to self-talk throughout the day</i> <i>Journal at end of day</i></p>	<p>25 AWARNESS <i>Inhale through right and exhale through left nostril while being aware of what you feel, hear, smell, taste, see. 1 min each sense. Reverse.</i></p>
<p>26 WORTHINESS <i>What am I NOT worthy of?</i> <i>What am I worthy of?</i> <i>Sit and focus on breath for 7 min, then answer.</i></p>	<p>27 PRESENT MOMENT <i>Focus on breath for 7 min, deep inhales and full exhales.</i> <i>Journal gratitude for what you see, feel, hear, smell, taste</i></p>	<p>28 SELF TALK <i>For 7 min talk to yourself with love and admiration.</i> <i>Pay attention to self-talk throughout the day</i> <i>Journal at end of day</i></p>	<p>29 AWARNESS <i>Inhale through right and exhale through left nostril while being aware of what you feel, hear, smell, taste, see. 1 min each sense. Reverse.</i></p>	<p>30 WORTHINESS <i>What am I NOT worthy of?</i> <i>What am I worthy of?</i> <i>Sit and focus on breath for 7 min, then answer.</i></p>	<p>31 PRESENT MOMENT <i>Focus on breath for 7 min, deep inhales and full exhales.</i> <i>Journal gratitude for what you see, feel, hear, smell, taste</i></p>	

