

Mindfulness Calendar

APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Where do I see myself at the end of this month?</p> <p>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 <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>04 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>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 <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>08 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>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 <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>12 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>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 <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>16 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>17 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>18 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>19 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>20 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>21 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>22 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>23 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>24 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>25 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>
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