

Mindfulness Calendar

JULY 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 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>02 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>03 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>04 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>05 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>06 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>07 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>08 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>09 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>10 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>11 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>12 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>13 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>14 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>15 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>16 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>17 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>18 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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<p>26 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>27 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>28 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>29 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>30 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>31 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>	

