

Mindfulness Calendar

JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 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.	02 WORTHINESS <i>What am I NOT worthy of?</i> <i>What am I worthy of?</i> Sit and focus on breath for 7 min, then answer.	03 PRESENT MOMENT Focus on breath for 7 min, deep inhales and full exhales. Journal gratitude for what you see, feel, hear, smell, taste	04 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	05 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.	06 WORTHINESS <i>What am I NOT worthy of?</i> <i>What am I worthy of?</i> Sit and focus on breath for 7 min, then answer.
07 PRESENT MOMENT Focus on breath for 7 min, deep inhales and full exhales. Journal gratitude for what you see, feel, hear, smell, taste	08 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	09 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.	10 WORTHINESS <i>What am I NOT worthy of?</i> <i>What am I worthy of?</i> Sit and focus on breath for 7 min, then answer.	11 PRESENT MOMENT Focus on breath for 7 min, deep inhales and full exhales. Journal gratitude for what you see, feel, hear, smell, taste	12 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	13 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.
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