

Mindfulness Calendar

MARCH 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
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15 PRESENT MOMENT Focus on breath for 7 min, deep inhales and full exhales. Journal gratitude for what you see, feel, hear, smell, taste	16 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	17 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.	18 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.	19 PRESENT MOMENT Focus on breath for 7 min, deep inhales and full exhales. Journal gratitude for what you see, feel, hear, smell, taste	20 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	21 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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29 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.	30 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.	31 PRESENT MOMENT Focus on breath for 7 min, deep inhales and full exhales. Journal gratitude for what you see, feel, hear, smell, taste	<p>Where do I see myself at the end of this month?</p> <p>Why? How do I feel? What am I doing?</p>			

