

Mindfulness Calendar

MAY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Where do I see myself at the end of this month?					01 WORTHINESS <i>What am I NOT worthy of? What am I worthy of? Sit and focus on breath for 7 min, then answer.</i>	02 PRESENT MOMENT <i>Focus on breath for 7 min, deep inhales and full exhales. Journal gratitude for what you see, feel, hear, smell, taste</i>
Why? How do I feel? What am I doing?						
03 SELF TALK <i>For 7 min talk to yourself with love and admiration. Pay attention to self-talk throughout the day Journal at end of day</i>	04 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>	05 WORTHINESS <i>What am I NOT worthy of? What am I worthy of? Sit and focus on breath for 7 min, then answer.</i>	06 PRESENT MOMENT <i>Focus on breath for 7 min, deep inhales and full exhales. Journal gratitude for what you see, feel, hear, smell, taste</i>	07 SELF TALK <i>For 7 min talk to yourself with love and admiration. Pay attention to self-talk throughout the day Journal at end of day</i>	08 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>	09 WORTHINESS <i>What am I NOT worthy of? What am I worthy of? Sit and focus on breath for 7 min, then answer.</i>
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