

Mindfulness Calendar

OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Where do I see myself at the end of this month?				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>	02 SELF TALK <i>For 7 min talk to yourself with love and admiration. Pay attention to self-talk throughout the day</i> <i>Journal at end of day</i>	03 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.</i> <i>Reverse.</i>
Why? How do I feel? What am I doing?						
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>	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>	06 SELF TALK <i>For 7 min talk to yourself with love and admiration. Pay attention to self-talk throughout the day</i> <i>Journal at end of day</i>	07 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.</i> <i>Reverse.</i>	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>	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>	10 SELF TALK <i>For 7 min talk to yourself with love and admiration. Pay attention to self-talk throughout the day</i> <i>Journal at end of day</i>
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