

Mindfulness Calendar

NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 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>	02 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>	03 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	04 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.	05 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>	06 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>	07 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
08 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.	09 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>	10 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>	11 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	12 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.	13 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>	14 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>
15 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	16 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.	17 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>	18 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>	19 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	20 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.	21 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>
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29 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>	30 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>Where do I see myself at the end of this month?</p> <p>Why? How do I feel? What am I doing?</p>				

