



October 2020

Mindfulness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>A new season brings new changes and a new opportunity to reconnect with ourselves and our loved ones.</i></p>				<p>1 <i>Close your eyes and breath deeply 3 times</i></p>	<p>2 <i>Drink your favorite warm beverage, appreciate its aroma and sensation</i></p>	<p>3 <i>In front of the window or our door space, close your eyes and feel the air or the warmth of the sun</i></p>
<p>4 <i>Listen to a song and concentrate on its rhythm, lyrics and the way it makes you feel</i></p>	<p>5 <i>Make a list of 10 things that you like about yourself. 5 physical ones and 5 of your personality</i></p>	<p>6 <i>Write 3 things that you are thankful for</i></p>	<p>7 <i>At the end of the day, write down how you feel</i></p>	<p>8 <i>Go to bed 30 mins earlier</i></p>	<p>9 <i>Do something that makes you happy</i></p>	<p>10 <i>Go for a walk and appreciate nature, its landscape, colors and sounds</i></p>
<p>11 <i>Make a list of all the things you eat during the day</i></p>	<p>12 <i>Savor something you like and appreciate its smell, texture and sensation</i></p>	<p>13 <i>Looking at the mirror repeat "I am strong, I am brave, I am beautiful"</i></p>	<p>14 <i>With your eyes closed and breathing deeply scan your body and notice any tense areas</i></p>	<p>15 <i>Before going to bed stretch your body</i></p>	<p>16 <i>Thank your body for all the things that does for you on a daily basis</i></p>	<p>17 <i>Activate your body and dance away</i></p>
<p>18 <i>Have a picnic with your family</i></p>	<p>19 <i>Give thanks to your partner for the love and support</i></p>	<p>20 <i>Tell your kids what you like most of them</i></p>	<p>21 <i>With your kids, take turns to give thanks for three things of your day</i></p>	<p>22 <i>Prepare a dessert with your little ones</i></p>	<p>23 <i>Family movie night</i></p>	<p>24 <i>With your family take a walk by the park and pick up leaves, flowers, stones...</i></p>
<p>25 <i>Have an electronic free day</i></p>	<p>26 <i>Make a list of people that no longer contribute to your life</i></p>	<p>27 <i>Thank a person that is important to you</i></p>	<p>28 <i>Call a loved one or friend with whom you haven't spoken in a long time</i></p>	<p>29 <i>Gift a warm drink or cupcake to someone without a reason and without expecting anything back</i></p>	<p>30 <i>Send a greeting card to a loved one that is far away</i></p>	<p>31 <i>Surprise your family with a costume</i></p>