



January 2021

Mindfulness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<i>Trust the magic of new beginnings!</i>						
3	4 <i>Make a list of 3 goals for this month</i>	5 <i>Choose a mantra or word to guide you through this new year</i>	6 <i>Choose a positive affirmation for the month of January</i>	7 <i>Choose a healthy habit you will like to work on the next 3 weeks</i>	8 <i>Lay down in a comfortable place and do a body scan. How is it feeling? What does it need?</i>	9 <i>Go for a walk and listen to up beet music</i>
10 <i>Enjoy a your favorite dessert</i>	11 <i>Looking at yourself in the mirror repeat your mantra and positive affirmation</i>	12 <i>Meditate for 10 minutes</i>	13 <i>Take a moment to rest and do absolutely nothing</i>	14 <i>Get out of your routine and do something different</i>	15 <i>Spend the night with a good book</i>	16 <i>Practice family yoga</i>
17 <i>Take a long bath</i>	18 <i>Call your best friend and tell her how much she means to you</i>	19 <i>As soon as you wake up stretch your body while breathing deeply</i>	20 <i>Take a pause during your day, close your eyes and breath. What do you hear? What do you feel?</i>	21 <i>Wake up a few minutes early and write down your intentions for the day</i>	22 <i>Movie night</i>	23 <i>Take a break from electronics</i>
24/31 <i>Explore your creativity with some arts & crafts</i>	25 <i>Listen to a mindfulness podcast</i>	26 <i>At the end of the day ask yourself "how am I feeling in this moment?"</i>	27 <i>Stop and watch the sunset</i>	28 <i>Take out 3 things from your closet that you no longer use and donate them</i>	29 <i>Surprise your family with a special dinner</i>	30 <i>What are you thankful for this month?</i>