

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Identify your Word for 2023
2 Name 3 ways to you will stay focused on your word	3 Meditate for 5 minutes today.	4 Write down 3 things you are grateful for	5 Believe in yourself	6 Check in on a friend that may need a little love	7 Rewrite a negative thought into a positive one	8 Check in on a family member today
9 Take a mindful walk	10 Craft a loving kindness meditation May I be... May I be...	11 What is the kindest thing you can do for yourself today	12 Journal a positive affirmation	13 Do something fun today	14 Read your favorite poem	15 Write 3 reasons you are proud of yourself
16 Take time to mindfully clean a closet	17 Believe in your ability to change	18 Journal on what you have learned about yourself	19 Let go of perfectionism. Say I am enough	20 Set aside 5 minutes to listen to your favorite song	21 Try a new meditation today	22 Write a note about your commitment to this new habit
23 Do something that will help you feel more organized	24 Replace one thing on your to-do list with rest	25 Close your eyes and just breathe for 30 seconds	26 List your best qualities	27 Meditate for 10 minutes today	28 Spend a little time outside today	29 Set a bedtime for yourself and stick to it
30 Meditate two times today	31 Reflect on how your intentions are going so far		With mindfulness, you can establish yourself in the present in order to touch the wonders of life that are available in that moment. --Thich Nhat Hanh			

FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Buy yourself flowers	2 Close your eyes and just breathe for 10 minutes	3 Name 4 things you are grateful for today	4 Pick up a new mindfulness book and read a chapter	5 Remove yourself from all social devices for today
6 Take a nap	7 Listen to a meditation	8 Check in on a friend	9 Notice others with compassion instead of being judgmental	10 Think about where your food came from today and give them thanks	11 Let a family member know you love them	12 Meditate for 10 minutes
13 Congratulate yourself on your new habits	14 Write yourself a valentine	15 Say a loving kindness meditation May I be ... May you be...	16 Be aware of your internal dialog. Change the negative to positive	17 Believe you are enough	18 Do 5 minutes of mindful movement	19 Enjoy a walk in nature
20 Give yourself a hand or foot massage	21 Take time to really notice the taste/smell/texture of your food	22 Share a mindfulness practice with a friend	23 Listen to your favorite song. Really listen	24 Mindfully clean a drawer	25 Take yourself on a date	26 Note the changes you are seeing in yourself
27 Simply be for 5 minutes	28 Walk in nature for 15 minutes					
<p>The true secret of happiness lies in taking a genuine interest in all the details of daily life. --William Morris</p>						

MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Do something that will make your sleeping space calmer	2 Meditate for 5 minutes at the start of your day	3 Schedule a spa day with a friend	4 Reach out to someone who inspires you and thank them	5 Play outside today
6 Dim room lights and light a candle.	7 Close your eyes and simply breathe for 5 minutes	8 Unwind with a muscle relaxation meditation	9 Find a favorite poem and slowly read it	10 Write down 3 things you are grateful for	11 Take a photo walk in your area. What piques your interest	12 Step away from technology an hour before bed
13 Take a walk in the early morning & enjoy the sunshine	14 Meditate on the comfort and coolness of your bed	15 Lie down on your back and focus on your breath.	16 Notice your bedtime habits. How do you ensure a good sleep	17 Curl up with a good book instead of your phone or computer	18 Mindfully pay attention when rinsing the dinner dishes	19 Make your senses happy with aromas, sights and tastes
20 Do one thing that will make you feel more organized for this week	21 Skip the afternoon caffeine	22 Spend some time by a stream and really listen to the water	23 Try a sleep meditation	24 Before sleep, visualize yourself at a calm relaxing place	25 Step outside before bed and look up at the sky	26 Journal about your dedication to your new habits
27 Write down 3 things you like about yourself	28 Listen to relaxing music	29 Explore a new interest or hobby	30 Based on new habits, create a relaxing ritual for yourself	31 Note how you are reinforcing these good habits		
				Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.		--Buddha

APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Journal 4 good things that happened in your day	2 Take a mindful 30 minute walk & breathe in the fresh air
3 Invite someone to join you in a meditation	4 Look for humor in a stressful situation	5 Set a 20 minute timer and free write your thoughts	6 Play a favorite song and dance	7 Be aware of your posture. Does it need adjusting	8 Take a one day break from social media	9 Really notice the space around you...aromas, textures, shapes
10 Take 30 minutes and mindfully clean the kitchen	11 Pay mindful attention to your hands	12 Note 2 things you do to support your new mindful habits	13 Take a nice long soak in a hot bath	14 Sit quietly and read a book...even just one chapter	15 Make a positive difference in someone's day	16 Look for something special in ordinary tasks
17 List 6 things you are grateful for	18 Really become acquainted with a piece of fruit	19 Reflect on what you have learned about yourself so far	20 Give our eyes a break every hour: close them and breathe	21 Try a new meditation app	22 Add a little fun to whatever you do today	23 Prioritize your self care
24 Clear a space in a quiet room for your creativity to shine	25 Take a fun online class	26 Do something to bring more calm in your life	27 Take a look at your energy level today. How is it doing?	28 Pay attention to your feet. Focus on grounding yourself	29 Give window gazing a try. Tap into the gentle movements of the trees	30 What new habit would you like to begin? How will you do it?
				We first make our habits, and then our habits make us. --John Dryden		

MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 What do you want to say Yes to today	2 Try a new recipe mindfully today	3 Do a chore you dislike today with a positive intention	4 Mindfully organize a drawer or cupboard	5 Be kind to someone challenging in your life	6 Simply sit and breathe for 2 minutes	7 Try going with the flow today
8 Develop a positive affirmation for yourself	9 Spend time with a family member	10 Make some YOU time today	11 Each time you notice you're distracted, acknowledge it & go back to your breath	12 Meditate twice today	13 Make a list of your "shoulds" and let go of one each day	14 Check in with your thoughts. Notice any patterns?
15 Write a short note to someone who influenced your life	16 Try a new meditation	17 Let go of perfectionism - create self-compassion	18 Allow your breath to create space in your body and mind	19 Do something different today. What is it bringing up?	20 Take a baby step out of your comfort zone	21 Say NO to something today. No justification needed
22 Do a virtual meditation with a friend	23 Ask yourself "what can I do less of today"	24 Celebrate 2 things you have gained as you got older	25 Let someone know you appreciate them	26 Change happens. Celebrate the good things change brought you	27 Rewrite a negative thought into a positive one	28 Take a 5 minute mindful walking meditation
29 Take a 1 minute break each hour to notice your body movement	30 When a difficult emotion arises, talk to it as a friend	31 Reflect on this past month & repeat something that makes you feel good	<p>Half an hour's meditation each day is essential, except when you are busy. Then a full hour is needed.</p> <p>--Saint Francis de Sales</p>			

JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Mindfully listen to someone else's perspective	2 Hold space for someone going thru a hard time today	3 Write down 5 things you are grateful for	4 Imagine releasing your stress as you exhale
5 Do something that brings balance to your life	6 Examine the why behind your actions in a non-judgmental way	7 Connect with your inner artist. Create something cool today	8 Be patient & let things happen as they will	9 Journal about a change that has happened in your life	10 Note the unnecessary noise you create. Be ok with silence	11 Pay mindful attention as you shop for your food today
12 Simply sit and breathe for 10 minutes. How does your mind feel?	13 Face today's challenges with a positive attitude	14 Remember you don't have to follow every one of your thoughts	15 Try a new type of meditation today	16 Listen to both your heart and mind when making decisions	17 Before blaming, ask yourself if you had any responsibility in the event	18 Mindfully be present when brushing your teeth
19 Be aware of the guards you put up. How does it hold you back	20 Compare your life goals with your state of happiness. What's holding you back	21 Before lunch, think about what it took for that food to reach you	22 What do you hide from the world? Journal about that	23 Ask questions without expecting an answer. Be curious	24 Focus a loving-kindness meditation on yourself	25 Take a small step outside your comfort zone
26 Try a yoga nidra session today	27 How do you ground yourself in tough times. Try it now	28 Pay attention to your breath. Notice differences as it goes in and out	29 Journal about your mindfulness progress so far	30 Meditate for 5 minutes		
					Live life to the fullest, and focus on the positive. -- Matt Cameron	

JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Listen to your favorite meditation music	2 Pay close attention to how you impact people around you
3 Try a new meditation app today	4 Select 3 people you would like to send loving-kindness to and do meditation	5 Go for a slow walk today and mindfully notice your surroundings	6 Feel like you are enough (even if it feels a little strange)	7 Whatever you are doing, find joy in the process	8 Put away the technology for today	9 Respond instead of react today
10 Change something in your day. Notice how that feels	11 Write down 5 things you are grateful for	12 Place your hand on your heart so it feels like a hug	13 Be curious	14 Simply be for 10 minutes	15 Follow your instincts today. How does it feel?	16 Award yourself for continuing your mindful practice
17 Free write in your journal for 10 minutes	18 Step out & look at the stars tonight	19 Step back & look how you have changed. How does it feel	20 Take time to honor the many gifts in your life	21 Listen to the needs of your body and mind	22 Identify what you need to accept in your life. How will you do it	23 Try a new mindfulness app
24 Attend a meditation or yoga session with a friend	25 Honor the positive ways you have handled adversity	26 How do your habits reflect the way you want to be treated	27 Choose a word that will be your positive guide for next month	28 Changes start with one small step. What is yours today	29 Find a quiet spot and do nothing for 10 minutes. How does it feel	30 Do you regularly meditate? Try it for 5 minutes a day
31 Start reading an interesting mindfulness book					<p>The best things happen when you're not overthinking it. ---Ben Zobrist</p>	

AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Share what you have. Donate money or food or help someone	2 As you inhale, say "I am". As you exhale, say "home"	3 Journal for 20 minutes. No worries about spelling, wording or topic.	4 Ease your judgment of others. Accept imperfection.	5 Pay attention to the sounds around you. How do they make you feel	6 Try a different meditation from your favorite app
7 Meditate for 15 minutes	8 Set aside 15 minutes to simply have fun	9 How do you practice simplicity? Remember: Less is more	10 Notice how your body reacts with change	11 Do a self check in and see where your mind is at	12 Identify 3 things that help you calm down. Why do they make a difference	13 Embrace that free time and relax
14 Identify one quality you would like to change. How will you do that	15 Slow your breath down during a tense time and notice how that feels	16 Really open up to a trusted friend or family member	17 Spend some time really watching clouds. Notice shapes, movement, changes	18 Let go of the way you think life should be. Embrace the now	19 Universe is generous. What gift is it giving you today	20 Pay attention to one thing in your outer world you haven't noticed before
21 Just be for 20 minutes today	22 Lengthen your breaths and notice how your body responds	23 Be compassionate with each person you meet. That includes yourself	24 Don't stress about what you can't change - embrace it	25 Choose a word you would like to remove from your vocabulary. How will you do it	26 What do you like most about yourself	27 Journal about your mindfulness progress so far
28 Imagine your negative thoughts as balloons and pop them	29 Journal using topic: I am most proud of...	30 Take a 15 minute mindful walk	31 Stop comparing yourself to others. You are unique	<p>I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures.</p> <p>--Lao Tzu</p>		

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Do something to strengthen your confidence	2 Embrace whatever emotions pop up today. Notice how you feel	3 You are here today. Embrace it
4 Free write in your journal for 15 minutes	5 Try doing a 10 minute meditation outside	6 Change your focus to what you can change...not what you can't	7 Take a moment to notice all the teachers in your life	8 Stop a negative thought and ask...how can I turn it around	9 Simply sit and breathe for 15 minutes. What do you notice	10 Explore a familiar space through mindful eyes. What is different
11 Simply notice your emotions today without judgment. Let them pass	12 Look at others with love today	13 Recognize mistakes as good growth, not blunders	14 Embrace quiet for 10 minutes	15 Identify an emotion you would like to get rid of and exhale to let it go	16 Walk barefoot in grass for 10 minutes to ground yourself	17 When you feel impatient, stop, exhale and identify how you want to feel
18 Approach today with wonder	19 Make time to simply be silent and see what you notice	20 Make a list of all that is important to you & display where you see it regularly	21 Pay attention to the spaces between your thoughts	22 Bring your full attention into whatever you do today	23 Create a personal affirmation	24 Reach out to a friend today
25 Work with what each moment gives you	26 Mindfully create your breakfast. Notice aromas, textures, colors	27 Identify an obstacle in your life and embrace it	28 Connect your body and mind as you go through your day	29 Relax, take a deep breath. Be your own comfort	30 Journal about your growth this month	
			There are plenty of difficult obstacles in your path. Don't allow yourself to become one of them.			
						--Ralph Marston

OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Write down 6 things you are grateful for
2 Offer yourself compassion instead of judgment	3 Remember everyone is handling something in their lives. Be kind	4 Let go of the need for validation by others	5 Mindfully make dinner from scratch. Use all your senses	6 Change your perspective during your next challenge	7 Allow space to feel and grieve any losses you have had	8 Recharge by getting enough sleep tonight
9 Set a time limit for checking social media and stick to it	10 Write down 5 more things you are grateful for	11 Check your true emotion when reaching for your phone to check it	12 Try a 10 minute breath meditation	13 Identify where you need to change or increase your boundaries	14 Take a 30 minute walk outside	15 Spend quality time with a friend or family member
16 Do something good for yourself today. It's good to treat yourself	17 Forgive yourself for a mistake you made. That's simply life	18 Sit silently for 20 minutes. Notice your surroundings	19 Make a list of things that support your mental health	20 Celebrate every small victory you have atoday	21 Journal about 4 things you like about yourself	22 Write about the ways you are mindful in your day
23 Share your struggles with a trusted friend	24 Notice how the food you eat today makes you feel	25 Pick your support group. Where do you need more	26 Try a new meditation style	27 Visualize your breath entering and leaving your body for 5 minutes	28 Make a movement date with a friend...dance, walk, run	29 How do electronic notifications make you feel? Try turning them off
30 Spend as much of your day in the present moment as you can	31 Try something different in your favorite meditation app					
<p>Have patience. All things are difficult before they become easy. --Saadi</p>						

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Do something you thoroughly enjoy	2 Imagine yourself at your most favorite place & how it makes you feel	3 Mindfully prepare a meal today using all your senses	4 Buy or make a small gratitude gift for someone	5 Find the gift in something challenging...there is one
6 Ask 2 people what they are grateful for	7 Favorite color? Look to nature for it during a walk	8 Think of a time you were truly heard. How did you feel? Do that for someone	9 Send a thank you note to someone who has made a difference in your life	10 Practice gratitude for your ancestors	11 Who makes you laugh the most. Thank them	12 Focus on your hands. How do they support you
13 Try a new meditation	14 Create something to remind you to practice gratitude	15 Write yourself a thank you not for all you do	16 Take a gratitude walk. Truly appreciate all that surrounds you	17 Thank your body for all it does for you	18 Is there something in life you take for granted? Journal about this	19 Play your favorite song. Crank it up. Get dancing
20 Think of a mentor or teacher that made a positive impact. Take time to reflect on them	21 Have an insightful discussion about mindfulness with a friend	22 Sit silently for 15 minutes. Slow your breath down and just be	23 Reflect on the sun and its warmth and healing ability in your life	24 Sit in meditation for 20 minutes today	25 Pick up a new meditation book & read the first chapter	26 Reflect on how to have changed in the last year. Be kind
27 Eat a piece of fruit mindfully. Notice texture, aroma, tastes	28 Practice maintaining eye contact when saying Thank You	29 How are you maintaining your mindful habits	30 Take a photo of someone or something that makes you happy			
				As soon as you trust yourself, you will know how to live. --Johann Wolfgang von Goethe		

DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Open awareness of the world around you. Send well wishes to others	2 Make a list of gifts from others that are not objects	3 Meditate with a friend today
4 Create a space for quiet reflection. Maybe by the beach or on a walk	5 Extend kindness to a stranger	6 Do something positive for your health today	7 Make a list of things that make you feel at peace	8 Do something that makes you feel safe and secure	9 Think of someone who challenges you & hold them in compassion	10 Identify a friend who is ill & do something helpful for them
11 Make a list of what makes you feel healthy	12 Meditate for 20 minutes	13 Listen to a loving kindness meditation	14 Try a different meditation app	15 Spend some time in nature	16 Feel that joy in giving today and lovingly receive from others	17 Make a list of what makes you feel happy
18 Send a loving kindness message via social media today	19 Give yourself the gift of movement today	20 Read a chapter in your favorite meditation book	21 Write down 10 things you are grateful for	22 If you are able, donate to a cause that's meaningful to you	23 Write down 4 ways you show yourself loving kindness	24 Check in with yourself & see what type of loving kindness do you need today
25 Set some compassionate boundaries today	26 Do something that connects you to your internal peace	27 Do something that makes you feel confident	28 Think of those suffering in the world & send them peace	29 Offer loving kindness to your inner critic	30 Make a list of things that make you feel safe	31 What gifts has mindfulness brought you this year
				Life is available only in the present. That is why we should walk in such a way that every step can bring us to the here and now. --Thich Nhat Hanh		