



Mindfulness Calendar

October Opportunities 2025

Opportunities I will create this month:

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			¹ Decide what you want, and set an intention to achieve it!	² List out practical steps towards reaching a goal	³ Reflect on what motivates you	⁴ Repeat to yourself: I am worthy of great things!
⁵ List out small goals you'd like to reach this month	⁶ Take a bold step towards a future goal	⁷ Ask a friend about their goals in life	⁸ Dream big, what would you do with a magic wand?	⁹ Adjust your bedtime routine to get a little more sleep	¹⁰ Figure out 3 things to make you smile this weekend	¹¹ Ask yourself if you want to seek joy? Why or why not?
¹² List out longer term goals to reach this year	¹³ Challenge yourself by doing something new	¹⁴ Adjust your daily routine to prioritize your real needs.	¹⁵ What is your vision of the future? Act on it today	¹⁶ Create a dream in real life	¹⁷ Go for it! Whatever feels right!	¹⁸ Reflect on your deeply rooted dreams, what's one step to take?
¹⁹ Take a leap of faith and trust for it to happen	²⁰ Pick an act outside your comfort zone - do it!	²¹ Send good thoughts for others' dreams to come true	²² Think about a problem from a different viewpoint	²³ Think of a creative solution to an old problem	²⁴ Turn fear into a creative power	²⁵ Wish success to others, attract it like a magnet
²⁶ Share a special dream with a friend or loved one	²⁷ Repeat to yourself: I can do things I once thought impossible	²⁸ Look back at your goal list, sprint to the finish!	²⁹ Be completely convinced your dreams will happen	³⁰ Notice the moments that get you enthusiastic	³¹ Celebrate victories large and small	