

May
2024

Mindfulness Calendar

New Possibilities in Well-Being



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 Set realistic, achievable goals	2 Reflect on what you love doing and make a list	3 Do one thing you love every day	4 Be fully present & savor special moments	5 Reflect on achievements, big or small	6 Create a mindful morning routine	7 Establish a digital detox routine
8 Practice mindful listening in conversations	9 Let go of perfection - embrace quirks	10 Cultivate a positive mindset each day	11 Connect with nature; take walks	12 Be fully present with loved ones, notice joy!	13 Notice thoughts without judgment	14 Take breaks; stretch and breathe
15 Breathe deeply; set a daily intention	16 Simplify tasks; avoid multitasking	17 Offer kindness to yourself & others	18 Declutter physical & mental space	19 Cultivate a bedtime relaxation ritual	20 Notice stressful thoughts, then release them	21 Prioritize sleep; aim for consistency
22 Choose gratitude over complaints	23 Practice mindful commuting habits	24 Express emotions; don't suppress	25 Be mindful of screen time	26 Smile intentionally & spread positivity	27 Make small, healthy food choices	28 Reflect on what you love doing, build a new routine
29 Prioritize self-care, relax & de-stress	30 Practice a body scan meditation	31 Celebrate achievements & treat yourself!				

New things I want to try this month



Making it easy to be mindful in 10 minutes a day!

www.TenMinuteMindfulness.com/Calendars