

Mindfulness Calendar

Finding Joy!

Things that make
me joyful!

December 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Reflect on what brings you joy!	2 Decide how to increase moments of joy into your daily life.	3 Embrace silence; find peace in the quiet moments.	4 Write down a positive affirmation. Revisit it throughout the day.	5 Take a moment to show a loved one that you care about them.	6 Unplug for an hour; engage in mindful, tech-free activities.
7 Write down 3 things that brought you joy today.	8 Dance like nobody's watching; let joy take over.	9 Practice mindful listening by devoting your full attention.	10 Create a serene space; escape for brief mindful breaks.	11 Take a Mindful work break: deep breaths, stretch, reset energy.	12 Smile often; it's a simple joy-inducing practice.	13 Take a joy break; do something fun with people you love.
14 Practice gratitude: small moments, big joy, less stress.	15 Do a random act of kindness by sharing joy.	16 Sip tea slowly; find joy in this mindful ritual.	17 Laughter yoga: embrace joy, release stress, find peace.	18 De-stress: inhale calm, exhale stress, find peace.	19 Declutter a space; clear mind, invite calm, find joy.	20 Connect with loved ones; joy shared is multiplied.
22 Enjoy a tranquil bedtime, ease into peaceful sleep.	22 Release tension through stretching, welcome relaxation.	23 Visualize a happy place; bring joy into now.	24 Pause & reflect: find joy in each present moment.	25 Express joy & kindness to family, friends and even strangers.	26 Cultivate joy through acts of kindness, big or small.	27 Chase joy, not perfection; release unnecessary stress.
29 Find a chance to laugh heartily; let joy ease stress away.	29 Smile at a stranger; spread joy intentionally.	30 Connect with nature on a walk, find tranquility.	31 Reflect on your achievements; find joy in personal growth.			

Making it easy to be mindful in 10 minutes a day!
www.TenMinuteMindfulness.com/Calendars

