

Mindfulness Calendar JULY 2026

GOALS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Think of a challenge where you learned something valuable.	2 Savor each bite of food and festivity today.	3 Dance like nobody's watching; let joy take over.	4 Share a funny story with a friend or family member.
5 Express gratitude with a thoughtful message.	6 Thank yourself for your resilience and inner strength	7 Listen actively in a conversation, without interrupting.	8 Thank your body for being able to enjoy your life.	9 Acknowledge the support of friends and loved ones.	10 Be thankful for the lessons learned from mistakes.	11 Recognize the abundance in your surroundings
12 Start your day by naming 3 things you're grateful for.	13 Take a joy break; do something you love.	14 Cultivate joy through acts of kindness, big or small.	15 Focus on one thing at a time, avoid multi-tasking.	16 Resist the urge to complain today.	17 Savor a moment of total silence.	18 Prioritize self-care by with a mindful shower or bath.
19 Appreciate the beauty in art or music.	20 Ease into the work week, exhale stress.	21 Thank a mentor or role model in your life.	22 Apply your strengths in a unique way at work or home.	23 Thank a coworker for their support or collaboration.	24 Reflect on your successes for the week.	25 Practice a body scan meditation
26 Be fully present with loved ones, notice joy!	27 Create a mindful morning routine.	28 Look for an unexpected opportunity to learn and grow.	29 Take a leap and do or plan a dream activity.	30 Value the moments of stillness in your day.	31 Use positive thoughts today to brighten your day.	1

NOTES

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

www.TenMinuteMindfulness.com/Calendars