Mindfulness Calendar *October Opportunities 2026*

Opportunities I will create this month:

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

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

www.TenMinuteMindfulness.com/Calendars