

January 2026

Mindfulness Calendar

Your Well-Being First



Sunday

Monday

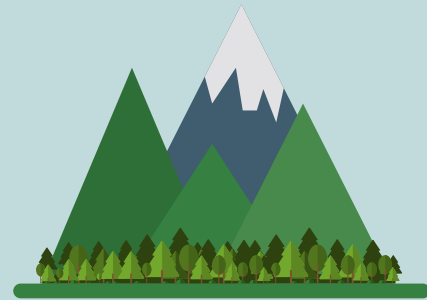
Tuesday

Wednesday

Thursday

Friday

Saturday



Things I want
to feel good
about this
month



				1 Set realistic, achievable goals	2 Choose gratitude over complaints	3 Practice mindful eating habits
4 Reflect on achievements, big or small	5 Simplify tasks; avoid multitasking	6 Notice thoughts without judgment	7 Embrace imperfection; let go	8 Connect with nature; take walks	9 Practice mindful listening in conversations	10 Cultivate a positive mindset daily
11 Breathe deeply; set a daily intention	12 Establish a digital detox routine	13 Take breaks; stretch and breathe	14 Journal your thoughts & reflections daily	15 Practice a body scan meditation	16 Offer kindness to yourself & others	17 Declutter physical & mental space
18 Smile intentionally & spread positivity	19 Mindful breathing during stress	20 Choose water over sugary drinks	21 Try mindful movement exercises	22 Practice mindful commuting habits	23 Express emotions; don't suppress	24 Be mindful of screen time
25 Cultivate a bedtime relaxation ritual	26 Prioritize sleep; aim for consistency	27 Reflect on progress and adjustments	28 Celebrate achievements; set new intentions	29 Prioritize self-care, set boundaries	30 Create a mindful morning routine	31 Savor moments; be fully present

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

www.TenMinuteMindfulness.com/Calendars