

# Mindfulness Calendar *October Opportunities* 2024

Opportunities I will create this month:

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

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

[www.TenMinuteMindfulness.com/Calendars](http://www.TenMinuteMindfulness.com/Calendars)