

Mindfulness Calendar

Seek Your Happy Zone

August 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Set realistic, achievable goals
2 Celebrate achievements and set new intentions	3 Express emotions mindfully without suppressing them	4 Savor a moment of total silence	5 Cultivate a garden of positive thoughts	6 Radiate kindness, ignite positivity	7 Create a path to happiness this weekend	8 Repeat to yourself: I am worthy of great things!
9 Prioritize sleep; aim for consistency	10 Ease into the work week, exhale stress	11 Adopt a "Can Do" attitude for a challenge	12 Reach out to someone who might be difficult for you	13 Hug all your loved ones genuinely	14 Reflect on things that went well this work week	15 Decide which goals to prioritize for the rest of this month
16 Cultivate a bedtime relaxation ritual	17 Find new outlets to release stress	18 Try a mindful body scan focusing on happiness	19 Face challenges head-on by thinking through them	20 Review your physical exercise routine and make tweaks	21 Smile at a random person to brighten their day	22 Mindfully declutter an area that gives you stress
23/30 Think of 3 things you're grateful for today	24/31 Reflect on the reasons things make you happy	25 Embrace change, resist pushing it away	26 Put yourself in someone else's shoes to relate	27 Practice self-care, you are your own champion	28 Celebrate small things with joy!	29 Reflect on your progress, make adjustments

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

www.TenMinuteMindfulness.com/Calendars