

FEBRUARY Mindfulness Calendar

Mind, Body & Heart Health



SUN	MON	TUE	WED	THU	FRI	SAT
						1 Write down three things you love
2 Be thankful for the gift of movement	3 Build body strength, focus on growth	4 Hug all your loved ones genuinely	5 Eat consciously and appreciate the flavors	6 Nourish your body, fuel your spirit	7 Embrace each step on a mindful walk	8 Indulge in a mindful, healthy treat
9 Connect with nature, find serenity	10 Strengthen your core, feel inner power	11 Thank each body part, appreciate its function	12 Savor a moment of total silence	13 Cardio day: enjoy your healthy breath	14 Connect with loved ones, share joy	15 Dance freely, let joy flow
16 Elevate your energy with stretching bliss	17 Smile often, it's your superpower	18 Radiate kindness, ignite positivity	19 Cultivate a garden of positive thoughts	20 Hydrate: refresh your body's sanctuary	21 Energize from the sun's warmth	22 Meditate: find calm within chaos
23 Sleep late, wake slowly & stretch	24 Ease into the work week, exhale stress	25 Repeat: 'I honor & care for my body'	26 Embrace change, grow mindfully daily	27 Enjoy exercise: strong body & mind	28 Prioritize sleep, rejuvenate your being	

NOTES

Small Steps I'll take to stress less:

