

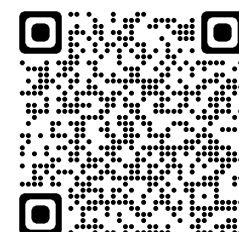


2025 November

Things I'm grateful for!

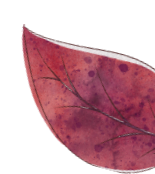


Ten
Minute Mindfulness
Mindfulness Simplified
www.TenMinuteMindfulness.com



Mindfulness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Start your day by naming three things you're grateful for
2 Write a thank-you note to someone who's made a difference	3 Appreciate a challenge that has taught you something valuable	4 Acknowledge the support of friends and loved ones	5 Be thankful for the lessons learned from mistakes	6 Reflect upon the opportunity that new challenge brought to you	7 Notice small acts of kindness from others	8 Feel gratitude for the opportunity to learn and grow
9 Thank your body for its resilience and strength	10 Count your blessings before going to sleep	11 Appreciate the unique qualities of each season	12 Value the moments of stillness in your day	13 Express gratitude for the love in your life	14 Recognize the abundance in your surroundings	15 Thank a mentor or role model in your life
16 Appreciate the beauty in art or music	17 Be grateful for your senses and their experiences	18 Think about a recent success, no matter how small	19 Appreciate the privilege of having choices in life	20 Thank yourself for your resilience and inner strength	21 Reflect on the positive impact you've had on others	22 Find gratitude in the ordinary moments of your day
23/30 Express gratitude for your health and well-being	24 Thank a coworker for their support or collaboration	25 Express gratitude for your ability to make a difference	26 Recognize the love and joy in your closest relationships	27 Savor your meal today, appreciating each bite	28 Appreciate a simple pleasure you often overlook	29 Reflect on the beauty of the season around you



Making it easy to be mindful in 10 minutes a day! www.TenMinuteMindfulness.com/Calendars