

May
2025

Mindfulness Calendar

New Possibilities in Well-Being



Sunday

Monday

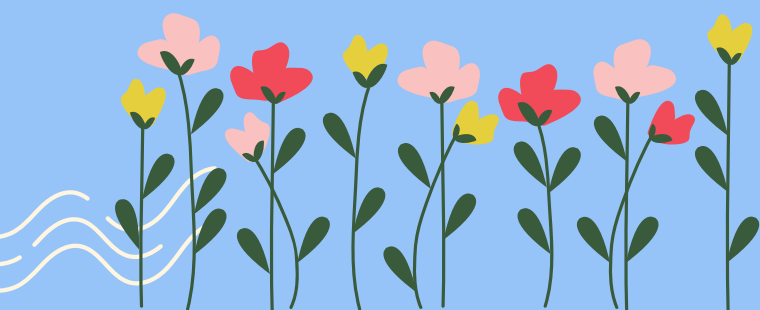
Tuesday

Wednesday

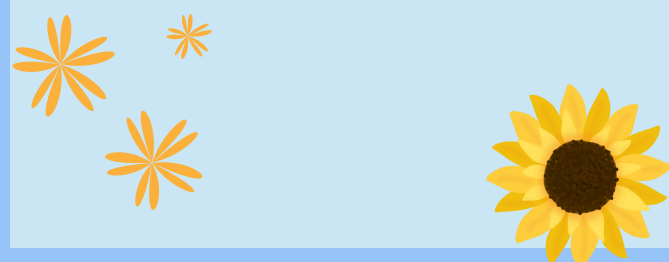
Thursday

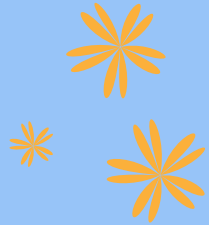

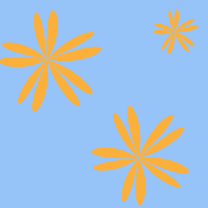
Friday

Saturday



New things I
want to try
this month



			1 Reflect on what you love doing and make a list	2 Do one thing you love every day	3 Be fully present & savor special moments
4 Reflect on achievements, big or small	5 Create a mindful morning routine	6 Establish a digital detox routine	7 Practice mindful listening in conversations	8 Let go of perfection - embrace quirks	9 Cultivate a positive mindset each day
10 Connect with nature; take walks	11 Be fully present with loved ones, notice joy!	12 Notice thoughts without judgment	13 Take breaks; stretch and breathe	14 Breathe deeply; set a daily intention	15 Simplify tasks; avoid multitasking
16 Offer kindness to yourself & others	17 Declutter physical & mental space	18 Cultivate a bedtime relaxation ritual	19 Notice stressful thoughts, then release them	20 Prioritize sleep; aim for consistency	21 Choose gratitude over complaints
22 Practice mindful commuting habits	23 Express emotions; don't suppress	24 Be mindful of screen time	25 Smile intentionally & spread positivity	26 Make small, healthy food choices	27 Reflect on what you love doing, build a new routine
28 Prioritize self- care, relax & de-stress	29 Practice a body scan meditation	30 Celebrate achievements & treat yourself!	31 Set realistic, achievable goals		

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

www.TenMinuteMindfulness.com/Calendars