

# Mindfulness Calendar

# December 2024

Finding Joy!

Things that make me joyful!

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> Connect with nature on a walk, find tranquility.	<b>2</b> Inhale peace with deep, calm breaths, exhale tension.	<b>3</b> Savor each bite, practice mindful eating, enjoy flavors.	<b>4</b> Embrace silence; find peace in the quiet moments.	<b>5</b> Uplift yourself with positive affirmations: banish stress, find joy.	<b>6</b> Express love openly; cultivate joy and harmony daily.	<b>7</b> Unplug for an hour; engage in mindful, tech-free activities.
<b>8</b> Write down 3 things that brought you joy today.	<b>9</b> Dance like nobody's watching; let joy take over.	<b>10</b> Practice mindful listening by devoting your full attention.	<b>11</b> Create a serene space; escape for brief mindful breaks.	<b>12</b> Mindful work break: deep breaths, stretch, reset energy.	<b>13</b> Smile often; it's a simple joy-inducing practice.	<b>14</b> Take a joy break; do something fun with people you love.
<b>15</b> Practice gratitude: small moments, big joy, less stress.	<b>16</b> Do a random act of kindness by sharing joy.	<b>17</b> Sip tea slowly; find joy in this mindful ritual.	<b>18</b> Laughter yoga: embrace joy, release stress, find peace.	<b>19</b> De-stress: inhale calm, exhale stress, find peace.	<b>20</b> Declutter a space; clear mind, invite calm, find joy.	<b>21</b> Connect with loved ones; joy shared is multiplied.
<b>22</b> Enjoy a tranquil bedtime, ease into peaceful sleep.	<b>23</b> Release tension through stretching, welcome relaxation.	<b>24</b> Visualize a happy place; bring joy into now.	<b>25</b> Pause & reflect: find joy in each present moment.	<b>26</b> Cultivate joy through acts of kindness, big or small.	<b>27</b> Express joy & kindness to family, friends and even strangers.	<b>28</b> Chase joy, not perfection; release unnecessary stress.
<b>29</b> Find a chance to laugh heartily; let joy ease stress away.	<b>30</b> Smile at a stranger; spread joy intentionally.	<b>31</b> Reflect on achievements; find joy in personal growth.				

Making it easy to be mindful in 10 minutes a day!  
[www.TenMinuteMindfulness.com/Calendars](http://www.TenMinuteMindfulness.com/Calendars)

