

Mindfulness Calendar September 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 Decide what mindfulness means to you - write out ideas

2 Reflect on the areas of your life that bring you meaning

3 Set 3 actionable ways to bring meaning into your day

4 Ask yourself what you can do to bring meaning to someone else

5 Set reminders during your day to achieve your daily goals

6 Breathe in deeply to feel the change of season

7 Give yourself some self-care in your own unique way

8 Think about big picture changes you'd like to bring to life

9 Exhale deeply to manage any anxiety about the week ahead

10 Take one concrete step to connect with a loved one

11 Face a challenge head on, be bold and decide how to manage it

12 Write down 3 fun things you'd like to do this weekend

13 Notice when you feel tension in your body and deliberately relax


14 Take steps to bring your fun activities into your day

15 Reflect on your mindfulness list and add more ideas

16 Find ten minutes to be mindful at work today

17 Find 3 actionable ways to de-stress at work

18 Try a small change to your routine to make it less stressful

19 Randomly smile today 

20 Dream big - if I had a magic wand, I'd...

21 What's one thing you can do to make a dream come true?

22 Challenge yourself to take that step towards a dream

23 Breathe in and focus on your dream, notice your body

24 Google search ways to be mindful - Do one!

25 Add to your mindful daily ideas list

26 Notice what makes you feel good!

27 Do more of what makes you feel truly good

28 What does mindfulness mean to you?

29 Reflect back on this month, how do you feel about your goals?

30 Feel good about what you do well

Ways I can be mindful this month:

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

www.TenMinuteMindfulness.com/Calendars