






MINDFULNESS CALENDAR



Meditation is to be aware of what is going on: in your body, in your feelings, in your mind, and in the world

SUN	MON	TUE	WED	THU	FRI	SAT
WHEN YOU HAVE NEGATIVE THOUGHTS, BRING YOURSELF BACK TO THE PRESENT	IDENTIFY PATTERNS THAT AREN'T SERVING YOU	THINK ABOUT WHO YOU NEED TO BE TO REACH YOUR GOALS	EXPLORE YOUR FEAR 	IMAGINE A SUITABLE ENVIRONMENT FOR GOAL ACHIEVING	VISUALIZE YOURSELF ACHIEVING YOUR GOALS	MAKE A VISION BOARD!
STAY IN THE PRESENT MOMENT	HAVE A PRESENT CONVERSATION TODAY	BE PRESENT WHEN YOU EAT 	TAKE SOME TIME TO DIGEST YOUR THOUGHTS AND EMOTIONS	PROCESS YOUR EMOTIONS THROUGH WRITING OR DRAWING	CLOSE YOUR EYES AND FOCUS ON YOUR BREATHING FOR 5 MIN	EDIT YOUR LIST OF GOALS AS NEEDED
SPEND SOME TIME IN NATURE 	PICTURE A PROBLEM YOU'RE TRYING TO SOLVE AS A MOUNTAIN	MEDITATE FOCUSING ON YOUR BREATH	PRACTICE PROGRESSIVE MUSCLE RELAXATION	TAKE A BREAK FROM THE NEWS	DO SOMETHING YOU ENJOY	DO SOMETHING GOOD FOR SOMEONE TODAY
TRY YOGA! 	GET CREATIVE: PAINT, DRAW OR WRITE A STORY	BE PRESENT WHEN YOU TAKE A SHOWER OR DRIVE TO WORK	DO THE MOST ANNOYING TASKS FIRST	OBSERVE YOURSELF IN THE MIRROR AT THE END OF THE DAY	EXAMINE WHAT THINGS YOU SHOULD CHANGE TO BE HAPPIER	DO SOMETHING ACTIVE WHENEVER YOU FEEL STRESSED OUT
BE PRESENT DURING YOUR WORKOUT	CELEBRATE! 					

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THÍCH NHẤT HẠNH