

# JANUARY 2021



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

**THÍCH NHẤT HẠNH**

SUN

MON







TUE

WED

THU

FRI

SAT

					HAPPY NEW YEAR! 	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 RESOLUTIONS 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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