

MONTH OF MINDFULNESS CALENDAR

Mindfulness – be aware of the moment, yourself, and your surroundings. Practicing it regularly can give your wellbeing a boost. Try this month-long calendar to try being mindful in a small way every day!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 SET AN INTENTION FOR THE DAY	 DAILY AFFIRMATIONS	 CONNECT WITH NATURE	 PRACTICE GROUNDING	 CHECK YOUR EMOTIONS	 MINDFUL EATING	 DOWNLOAD A MINDFULNESS APP
 WORK ON A PUZZLE	 STRETCH	 GUIDED MEDITATION	 DANCE FOR NO REASON	 BODY SCAN	 MINDFULLY LISTEN TO MUSIC	 WRITE A POEM
 ENJOY 10 MINUTES OF SILENCE	 MINDFUL YOGA	 GAZE AT THE CLOUDS	 SIP A CUP OF TEA OR COFFEE	 LIGHT A CANDLE	10 TAKE 10 DEEP BREATHS	 HAVE A QUIET MORNING
 READ A BOOK	 GO ON A WALK	 PRACTICE SELF-COMPASSION	 JOURNAL	 PRACTICE MINDFUL LISTENING	 WATCH THE SUNSET	 MINDFUL COLOR
 FOCUS ON YOUR SENSES	 TAKE A RELAXING BATH	 WRITE A GRATITUDE LIST	<h2>CHALLENGE YOURSELF TO BE STRONGER</h2>			

YMCA OF GREATER WAUKESHA COUNTY

Stronger Together Challenge