

## Weekly Mindfulness Calendar

Sunday Sunday	Motivation Monday	GratiTuesday	Wellness Wednesday	Thinking Thursday	Feel-Good Friday	Saturday Matter Day
<p>Take a walk and enjoy the sunshine and fresh air.</p> <p>Look for your favorite color in nature.</p> <p>Dance in the rain.</p> <p>Play a board game with your friends or family.</p> <p>Plan and prepare for the coming week, you'll thank yourself in the future.</p>	<p>Create a Positive Thoughts &amp; Actions journal. Make it colorful.</p> <p>Compliment yourself.</p> <p>Add your compliment to your Positive Thoughts &amp; Actions Journal.</p> <p>Read other compliments you've given yourself.</p> <p>Whatever it is, you can do it!</p>	<p>Send a homemade card or note to a person you are grateful for; tell them why you are grateful for them.</p> <p>Create a social media post for a person you are grateful for.</p> <p>Take a few minutes and do nothing, then write down two things you are grateful for.</p>	<p>Do breathing exercises: slowly inhale through your nose to the count of five and exhale through your mouth to a count of seven. Repeat for up to 10 minutes.</p> <p><a href="https://www.healthline.com/health/breathing-exercises-for-anxiety#breath-focus">https://www.healthline.com/health/breathing-exercises-for-anxiety#breath-focus</a></p>	<p>What is something you want to do but are afraid to try? Ask yourself why you feel that way.</p> <p>Do one small thing toward making it happen. Build on that accomplishment next week.</p> <p>Keep today's accomplishments in your Positive Thoughts &amp; Actions Journal.</p>	<p>Write a list of things that will make you happy. Include these self-care categories:</p> <ul style="list-style-type: none"> <li>• Physical</li> <li>• Emotional</li> <li>• Social</li> <li>• Spiritual</li> <li>• Personal</li> <li>• Home</li> <li>• Financial</li> <li>• Work or School</li> </ul> <p>Do one thing every day that makes you happy</p>	<p>Talk a little nicer to yourself today.</p> <p>You are worthy!</p> <p>If you're going through hell, keep going. ~Winston Churchill</p> <p>There is hope, even when your brain tells you there isn't.</p> <p>Remember: Things take time, and that's okay.</p> <p>You are not alone. You are strong.</p>