

MINDFUL MAY 2021

EACH DAY IS FILLED WITH BEAUTIFUL OPPORTUNITIES. I WILL MAKE THE MOST OF MY TIME. I AM AVAILABLE FOR ALL THE GOOD THAT LIFE HAS TO OFFER ME.

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Use kind words in your conversations
2 Take time just for you	3 Practice mindful breathing	4 Stand in front of your mirror and have a loving conversation with yourself	5 Eat mindfully	6 Take a rest from social media	7 Repeat all day I am enough I am enough I am enough	8 Fill your own cups with what brings you joy
9 Forgive yourself for everything	10 Think of three positive things to say to yourself	11 Ask for support without feeling guilty	12 Repeat all-day I am a masterpiece I am a masterpiece I am a masterpiece	13 Change the way you think about a challenge	14 Wear your favorite inspirational tee	15 Make yourself a priority today
16 Take a rest from the news	17 Repeat all day I am expecting great things	18 Complete a random act of kindness for another person	19 Enjoy a leisurely walk	20 Feed your mind encouraging and empowering thoughts	21 Engage in some mindful coloring pages	22 Listen to or play some music
23 Think of ten things you're grateful for	24 Release a worn out thought and replace it with a positive one	25 Do something courageous	26 Learn something new	27 Celebrate yourself for showing up each day	28 Take 15 minutes to read something inspiring	29 Listen to an uplifting podcast
30 Free yourself; forgive someone who has hurt you	31 Complete the sentence 7X: "What I desire for my life is..."					