

My Mindful Month

1 Write down three people you are grateful for and why?	2 Spend 30 minutes today learning a new skill	3 Write to your friend telling them how awesome they are	4 Start your day with a 10 minute meditation	5 Get out in nature today :)	6 Write down 10 things you are grateful for	7 Look at yourself in the mirror and tell yourself three positive things
8 Write down your favourite childhood memory	9 Try a different food today	10 Write down a bucket list for your life	11 Do a random act of kindness	12 Learn something new today (research a topic you like)	13 Do a self-care day including a facial or bath or manicure	14 Clean a section of your house
15 Take 10 deep breaths every hour	16 Put on your favourite song and DANCE	17 Read a chapter of a book	18 Go for a 20 minute walk	19 Youtube a 10 minute stretch video	20 Meditate for 15 minutes today	21 Have a no TV day
22 Youtube a funny video clip	23 Start your day with 15 burpees (can be push ups)	24 Have a social media free day	25 Clean another section of your house	26 Check in with a friend	27 Draw/doodle for 10 minutes	28 Watch/listen to your fav artist concert on youtube
29 Reflect on the positive moments this year and write them down	30 Meditate for 15 minutes	31 Celebrate because you finished the calendar! WOO!				