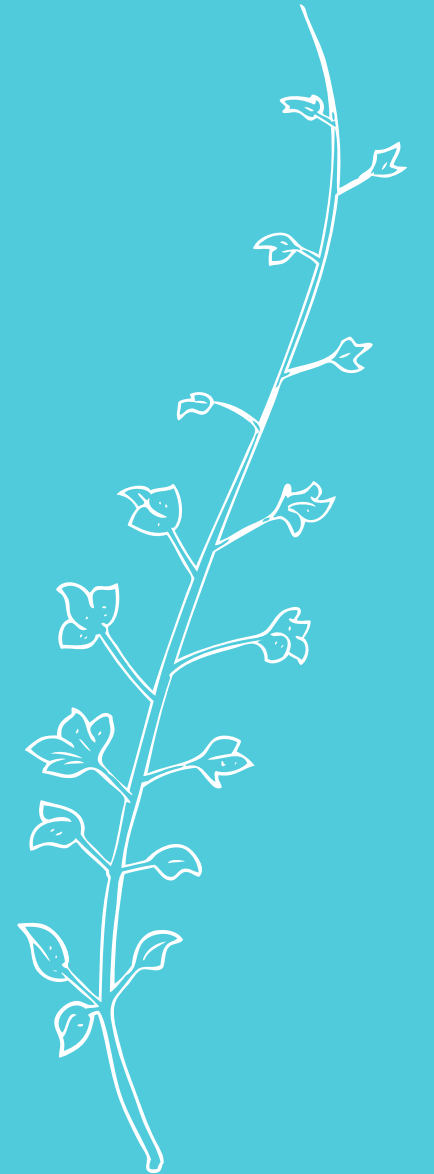


MINDFULNESS CALENDAR

	MON	TUE	WED	THU	FRI	SAT	SUN
	MANTRA	MEDITATION	ART ACTIVITY	BREATHINGS	JOURNALING	EXERCISE	SELF-CARE
MYSELF	"If you're searching for that one person that will change your life take a look in the mirror"	Meditate for 10'	Colour a mandala	Breath deeply for 5'	Write a letter to your past and future self	Stretch your body for 15'	Take a relaxing bath
MY SOURROUNDINGS	"Modern life narrows our senses until our focus of attention is mainly visual, tailored to the screens, on the contrary, nature accentuates all the senses"	Meditate for 15'	Collage with natural elements	Breath deeply for 5'	Describe 5 thing that you smell, see and touch in nature	Walk barefoot in nature	Get yourself a plant/tree
MY RELATIONSHIPS	" You teach people how to treat you by deciding what you will and won't accept"	Meditate for 20'	Make a gift for somebody else	Breath deeply for 10'	Identify the relationships that makes you happy	Take a walk in nature	Have a conversation with the person you love the most
MY PLACE IN THE WORLD	"Peace is the result of retraining your mind to process life as it is rather than as you think it should be"	Meditate for 25'	Draw the life you'd like to have	Breath deeply for 10'	Reflect why are you here at this moment	Practice yoga for 20'	Watch in silence a sunrise or sunset



When things change inside you, things change around you