

“Silence is not an absence
but a presence.”

Anne D. LeClaire

JANUARY

01 Write down your intention(s) for 2019. Do one thing to get started today.

02 Give yourself at least 15 minutes of intentional screen-free time.

03 Notice 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

04 **Close your eyes and breathe deeply for one minute.**

05 Try a loving kindness meditation today.

06 Reflect on how your intentions are going so far. Are there any tweaks you need to make to set yourself up for success?

07 **Find a quote or an affirmation to inspire and support you today.**

08 Try a walking meditation.

09 Try the Emergency Calm. You may not need it today, but now you'll know it's there for you the next time your mind is spinning.

10 While making your bed, practice mindfulness by being completely engaged in the activity.

11 Text a friend who may need some love today.

12 Go for a long walk with a loved one.

13 **Try a Sleep Story tonight.**

14 Kick off the week with mindful movement — Calm Body, stretching, yoga, or anything!

15 Play the Daily Calm at work to share with your coworkers - maybe it'll become a new office tradition!

16 Mid-month check-in! How are you doing with your intentions? If they are going well, celebrate. If not, meet yourself with compassion and ask yourself what support you might need.

17 Light a candle, play some soothing nature sounds and enjoy a bath. Soak up the nourishment of self-care.

18 **Eat your breakfast mindfully.**

19 **Explore ways to enjoy the weather today, no matter the forecast.**

20 Cuddle up with a good book and a cozy blanket.

21 Do one small thing to make your workspace more calming. Try incorporating essential oils, a plant or a simple cup of hot tea.

22 **Remember a high, a low, and something that made you laugh from your year so far.**

23 When you take your shower, spend a few minutes just feeling the sensation of the water on your skin.

24 **Try a Body Scan.**

25 When you drink your coffee or tea, put away your phone and drink in silence. Be mindful of the taste, temperature and enjoy your morning.

26 Get creative — color, write, craft, draw or paint.

27 **Get outside.**

28 Notice where you hold tension. Bring your awareness there at breakfast, lunch, and dinner and invite it to soften.

29 Set the Mindfulness bells in 10-minute intervals for an hour. Each time you hear the bell, close your eyes, take a deep breath and grow a little taller.

30 Set a timer for 5 minutes and write as a way of checking in with yourself.

31 You did it! A month of mindfulness! Take a moment to note what lessons you'd like to carry with you.