

MINDFUL CALENDAR 2025

NOVEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					HEALTHY MIND <i>Happy Life</i>	1 Create a “Mindful Jar” Write down small moments of joy or calm you experience today, then reflect on them at the end of the week
2 Gratitude Journal – Write down three people you're grateful for and why	3 Mindful Walk – Go for a walk and focus on the sights, sounds, and smells around you. Try to be present in every step.	4 Coloring Meditation – Color a simple mandala or abstract pattern. Let the process be about the rhythm and flow, not the outcome. (Attached)	5 Breathing Exercises with a Twist – Breathe deeply in a pattern that aligns with a simple movement, like raising your arms on an inhale, lowering them on an exhale.	6 Create an A5 Inspiration Card – Gather pictures, quotes and items that make you feel calm, motivated, or inspired.	7 Sensory Check-In – Take a few minutes to sit quietly and check in with your five senses. What can you see, hear, touch, taste, and smell?	8 Nature Sketching – Go outside and draw something from nature, even if it's just a simple leaf or flower. Focus on the details.
9 Mindful Cooking – When preparing food, engage all your senses. Notice the colors, textures, smells, and even the sounds while you cook.	10 Poetry Writing – Write a short poem that expresses how you're feeling today. Don't worry about perfection—just let the words flow.	11 Single-tasking Day – Choose one task, whether it's cleaning, reading, or even eating, and focus fully on it.	12 Sound Meditation – Listen to calming music or ambient sounds. Pay attention to how the different tones and rhythms make you feel.	13 Mindful Journaling – Write without any specific agenda, just whatever comes to mind. Let the act of writing be a mindfulness practice.	14 Self-Love Affirmations – Create a list of positive affirmations about yourself. Read them aloud with kindness.	15 Silent Observation – Spend 10 minutes observing your surroundings in complete silence. Focus on the minute details you might usually miss.
16 Drawing with No Plan – Take a piece of paper and draw freely, letting your hand move without any expectations.	17 Pause & Reflect – Take a pause during your day to just sit quietly and check in with yourself—how are you feeling physically, emotionally, mentally?	18 Mindful Listening – Listen to a podcast or conversation with full attention, not multitasking or letting your mind wander.	19 Meditative Writing – Choose a word that resonates with you today (e.g., calm, love, strength) and write about it for 5-10 minutes	20 Gratitude Walk – Take a walk and silently list things you're grateful for, one for every step you take.	21 Create a Simple Vision Board – Collage images or words that represent goals or intentions for the upcoming months.	22 Breathwork with Visualization – Close your eyes, breathe deeply, and visualize a peaceful scene as you inhale and exhale.
23 Mindful Eating – Pick a meal to eat slowly and savor every bite. Pay attention to flavors, textures, and the sensation of nourishment.	24 Doodle Your Emotions – Grab some markers and let your feelings flow out in doodles and shapes on paper.	25 Reflective Photography – Take photos of things that feel meaningful or beautiful today. Look at your surroundings through a mindful lens.	26 Affirmation Collage – Use magazines or online images to create a collage that reflects your affirmations or intentions for growth	27 Unplug for an Hour – Turn on airplane mode, disconnect from technology for an hour and do something creative or relaxing.	28 Mindful Stretching – Practice a few yoga stretches, focusing on how your body feels as you move and breathe.	29 Tech Detox - switch off all devices and read a book that's good for your soul

DAY 4: Coloring Meditation –

Color a simple mandala or abstract pattern. Let the process be about the rhythm and flow, not the outcome.

