

# Mindful Tips Calendar

Here are some tips to help you integrate a practice of mindfulness into where you need it the most - your life!

Remember that mindfulness practice is about practicing presence, so all of these tips give you an experience you can be present with. Have fun and enjoy!

## September 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Try being present for drinking a glass of water. Notice sensations in mouth, throat & belly as you drink

**Zoom Meditation:12:30-12:50**  
<https://us02web.zoom.us/j/88172358074>

Bring full presence to brushing your teeth. Get all the nooks and crannies. Floss mindfully

**Zoom Meditation:12-12:20**  
<https://us02web.zoom.us/j/86014395437>

Wake up and make your bed with total presence and care

**Zoom Meditation:12-12:20**  
<https://us02web.zoom.us/j/86014395437>

Step outside during day for a 2 minute breathing meditation. Feeling breath, sun on face, whatever is present

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Spend 1 minute listening to sounds or silence all around you. Really enjoy just listening to sound

Take a short mindful walk when stressed. Even just around office/ house. Be present for feet taking steps

**Zoom Meditation:12-12:20**  
<https://us02web.zoom.us/j/86014395437>

Spend one minute mindfully rubbing/ massaging your hands

**Zoom Meditation:12:30-12:50**  
<https://us02web.zoom.us/j/88172358074>

Find 3 things you're grateful for & write them down before bed

**Zoom Meditation:12:30-12:50**  
<https://us02web.zoom.us/j/88172358074>

Find 3 things you're looking forward to & write them down in the morning

**Zoom Meditation:12-12:20**  
<https://us02web.zoom.us/j/86014395437>

Tell a stranger something nice. Be present for their reaction & how it makes you feel

**Zoom Meditation:12-12:20**  
<https://us02web.zoom.us/j/86014395437>

Take 2 minutes to watch clouds in sky. Get present, & just be with clouds, with spacious sky, filling your mind

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Listen to a guided meditation before bed. Notice how it makes you feel. Prep a meditation for morning

Listen to a guided meditation first thing in morning. Prop yourself up in bed to stay awake

**Zoom Meditation:12-12:20**  
<https://us02web.zoom.us/j/86014395437>

Put on favorite song & without doing other things at same time - just listen. Maybe mindfully dance

**Zoom Meditation:12:30-12:50**  
<https://us02web.zoom.us/j/88172358074>

Arrive 5 minutes early for everything & use that time to take a breath & fully arrive

**Zoom Meditation:12:30-12:50**  
<https://us02web.zoom.us/j/88172358074>

Do 1 chore mindfully. Get present in your body, and be fully present for duration of chore

**Zoom Meditation:12-12:20**  
<https://us02web.zoom.us/j/86014395437>

Spend entire drive somewhere - grocery, bank, work - being kind to other drivers on the road. Notice ur feelings

**Zoom Meditation:12-12:20**  
<https://us02web.zoom.us/j/86014395437>

Practice mindful stretching before bed, any stretches that feel good & soothing; practice presence while stretching

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Practice mindful stretching first thing in morning; stretches that bring energy. Stretching arms overhead are great. Practice presence

Take 5 minutes to write note to loved one. Notice how you feel about them, write it in note

**Zoom Meditation:12-12:20**  
<https://us02web.zoom.us/j/86014395437>

Deliver your note to loved one. Right before, take a moment to get present for your feelings

**Zoom Meditation:12:30-12:50**  
<https://us02web.zoom.us/j/88172358074>

Every time you sit down at your computer, practice a 1 min. meditation before starting to work

**Zoom Meditation:12:30-12:50**  
<https://us02web.zoom.us/j/88172358074>

Practice full presence with the feeling of breath for @5 cycles of breath 5 times throughout day

**Zoom Meditation:12-12:20**  
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Eat small snack without ANY distractions: no phone, book, music. Practice being fully present for experience

**Zoom Meditation:12-12:20**  
<https://us02web.zoom.us/j/86014395437>

Prep for tomorrow's mindful dinner. Buy flowers, prep the nice plates, plan something simple for tomorrow's dinner

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Set a nice table for dinner. Use nice plates, maybe flowers; create an intentional atmosphere for eating

Take 3 minutes to sit someplace nice - home or work - & just enjoy being there

**Zoom Meditation:12-12:20**  
<https://us02web.zoom.us/j/86014395437>