


MINDFULNESS WEEKLY CALENDAR

Week # _____


Dates: _____



Motivation Monday



Gratituesday



Wellness Wednesday



Thinking Thursday



Feel-good Friday

ACTIVITY:

- Compliment yourself.

ACTIVITY:

- Create a social media post for a person you are grateful for.

ACTIVITY:

- Take a few minutes and do nothing.
- Pick a comfortable spot around the room.

ACTIVITY

- What is something that you want to do but you're scared to try?

ACTIVITY:

- Self-care activity
 - Do something you really like or it's good for your health.