

# June

# 2018

## Mindful Moments



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Drink fruit infused water.	2
3	4 Take 3 deep cleansing breathes.	5 Draw something to shift you state.	6 Stand and stretch frequently.	7 Share a great idea with someone.	8 Enjoy relaxing music	9
10	11 Relax. Release. Refresh.	12 Do a 5 minute fling boogie and clean out a space.	13 When you laugh, laugh out loud.	14 Unplug from social media today.	15 Eat mindfully.	16
17	18 Tell a joke to a friend.	19 Walk around and notice nature.	20 Write a note of appreciation.	21 Listen to jubilant music.	22 Write down 3 things you are thankful for.	23
24	25 Call a friend you haven't seen in ages.	26 When you smile, smile.	27 Forgive a big or small mistake.	28 Read an encouraging poem.	29 Forgive a big or small mistake.	30