

January 2026 – Mindfulness Calendar

One gentle mindfulness practice per day (30–60 seconds). Pause, read the practice, and bring your attention to the present moment.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Pause and take 3 slow deep breaths.	2 Notice your body sitting or standing.	3 Feel your feet on the ground feeling a connection
4 Name one thing you’re grateful for.	5 Soften your shoulders & let go any tightness	6 Breathe in calm, breathe out tension.	7 Notice sounds around you.	8 Feel the rise and fall of your breath.	9 Relax your jaw and face & take deep breaths.	10 Notice one pleasant sensation in your body
11 Slow down one routine task.	12 Place a hand on your heart & feel your heartbeat	13 Notice your thoughts without judgment.	14 Take one mindful stretch.	15 Feel your breath in your belly.	16 Pause before reacting slowly counting to 5	17 Notice light and color around you.
18 Offer yourself kindness.	19 Listen fully to one sound.	20 Take a mindful sip of water slowly sipping it	21 Check in with how you feel.	22 Feel your spine lengthen.	23 Notice your hands and fingers.	24 Breathe slowly for one minute.
25 Observe your thought without judgement	26 Relax your forehead & let go of any tension	27 Notice the present moment.	28 Let your breath be natural.	29 Pause and reset.	30 Notice one small joy. Be grateful	31 Reflect on the month with kindness.