

Monthly Mindful Moments

An undated calendar for making space for calm.

MONTH: _____ YEAR: _____

SUN	MON	TUE	WED	THU	FRI	SAT

MY INTENTION FOR THIS MONTH

Weekly Intentions

Small moments of care can make a meaningful difference.

WEEK OF: _____

THIS WEEK, I WANT TO FEEL...

ONE GENTLE INTENTION

MY WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Daily Calm Tracker

Notice your habits with curiosity, not judgment.

WEEK OF: _____

Mindful practice	M	T	W	T	F	S	S
Mindful breathing	☐	☐	☐	☐	☐	☐	☐
Sound bath or calming music	☐	☐	☐	☐	☐	☐	☐
Gentle movement	☐	☐	☐	☐	☐	☐	☐
Hydration	☐	☐	☐	☐	☐	☐	☐
Time outdoors	☐	☐	☐	☐	☐	☐	☐
Screen-free pause	☐	☐	☐	☐	☐	☐	☐
Moment of gratitude	☐	☐	☐	☐	☐	☐	☐

WHAT HELPED ME FEEL GROUNDED?

WHAT WOULD I LIKE TO TRY NEXT WEEK?

You do not need a perfect streak to make progress.
Every peaceful pause counts.

Weekly Reflection

Pause, reflect, and carry forward what matters.

What brought me peace this week?

When did I feel most present?

What felt challenging, and what did I learn?

What am I grateful for?

What can I gently release?

One intention I will carry into next week:

Gentle Self-Care Checklist

Choose what supports you today. Nothing here is an obligation.

NOURISH YOUR BODY

- ☐ Drink a glass of water
- ☐ Stretch or move gently
- ☐ Step outside for fresh air
- ☐ Make time for rest

QUIET YOUR MIND

- ☐ Take five slow breaths
- ☐ Listen to a peaceful sound bath
- ☐ Enjoy a few minutes without screens
- ☐ Write down one thing you're grateful for

CARE FOR YOUR SPIRIT

- ☐ Create a small moment of stillness
- ☐ Spend time with someone you care about
- ☐ Say something kind to yourself
- ☐ Let go of one unnecessary expectation

MY OWN SELF-CARE IDEAS

Rest is valuable. Small steps are enough.