

February

MINDFULNESS CALENDAR

01

Set a couple of new goals for this month.

02

Create a playlist with music that calms and soothes you.

03

10 minutes of meditation this morning (with your TouchPoints on the blue setting)

04

Sleep-in Saturday!

05

Put on your "Sunday clothes" (Sunday best), even if it's just because.

06

Place your hand over your heart, breathe in and out slowly while wearing your TouchPoints.

07

Speak 3 affirmations to yourself, from the heart.

08

Try going to bed early and waking up before your alarm.

09

Write (and send!) a heartfelt card to someone you love.

10

Buy coffee for a stranger.

11

Plan a date night at home, with or without the kids.

12

Remind your family members how important they are to you.

13

Make a heart-healthy dinner.

14

Happy Valentine's Day! Share the day with someone you love or care about.

15

Do any cardio exercise to get the heart pumping - walk, run, swim, dance, etc.

16

Take a quiet 30-minute walk.

17

Pizza night to finish the week, homemade or ordered in!

18

Do a feelings check-in with a partner or friend.

19

Try meal planning for the week ahead.

20

Take a small leap of faith in any area of life.

21

Write a motivational sticky note to yourself about something you've been wanting to achieve.

22

Try out a new restaurant or a new recipe at home.

23

Enjoy a warm beverage while wearing your TouchPoints.

24

Plan a spontaneous outing for the weekend ahead.

25

Make time for a favorite person or thing you've neglected.

26

Sunday morning yoga session! (bring your TouchPoints for meditation to follow - blue setting)

27

Weather-permitting, spend a little time outside.

28

A round of applause to YOU for the mindfulness you've put into this month!

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