



APRIL

Mindfulness Calendar

MON

TUE

WED

THURS

FRI

SAT

SUN

1 <i>Set intention: "Embrace present calm."</i>	2 <i>Engage in 5-min breath meditation.</i>	3 <i>Take a mindful walk outdoors.</i>	4 <i>Write down 3 gratitudes.</i>	5 <i>Practice a body scan meditation.</i>	6 <i>Establish a relaxing bedtime routine.</i>	7 <i>Enjoy a 10-min mindful eating session.</i>
8 <i>Pen a self-love note.</i>	9 <i>Explore yoga or tai chi.</i>	10 <i>Participate in a guided stress relief meditation.</i>	11 <i>Connect with nature.</i>	12 <i>Dedicate time to declutter a space.</i>	13 <i>Indulge in a mindful bath with She Da Bomb (Bath Bomb).</i>	14 <i>Embrace a digital detox day.</i>
15 <i>Engage in a creative joy activity.</i>	16 <i>Take a sip of the She Focused (Meditation Tea) mindfully.</i>	17 <i>Take mindful breathing breaks throughout the day.</i>	18 <i>Experience a visualization meditation.</i>	19 <i>Join a guided meditation session.</i>	20 <i>Reflect and journal your emotions.</i>	21 <i>Treat yourself to a self-care spa day.</i>
22 <i>End your day with bedtime gratitude reflections.</i>	23 <i>Experiment with different mindfulness practices.</i>	24 <i>Participate in a virtual yoga class.</i>	25 <i>Enjoy a mindful movement session.</i>	26 <i>Cultivate a mindfulness garden or indoor plants.</i>	27 <i>Explore various mindfulness apps.</i>	28 <i>Book your 15-Mins FREE Girl Talk session now!</i>
29 <i>Reflect on your mindfulness journey and progress.</i>	30 <i>Share your mindfulness experience with others.</i>					