

# 31 DAYS OF Mindful Moments

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Write down a self-care goal for the month	Sign up for a complimentary <i>time2talk</i> virtual workshop	Write down 3 things you're thankful for	Take a walk in nature	Set a healthy boundary with yourself
<b>Day 6</b>	<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>
Call a friend or family member	Read a book for pleasure	Listen to your favourite music	Try a new hobby	Stretch or do some gentle yoga
<b>Day 11</b>	<b>Day 12</b>	<b>Day 13</b>	<b>Day 14</b>	<b>Day 15</b>
Do a random act of kindness	Spend time with a pet	Declutter a small area of your home	Dance to your favorite song	Practice deep breathing exercises
<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>	<b>Day 19</b>	<b>Day 20</b>
Relax in a bubble bath	Watch a funny movie or show	Treat yourself to something that brings you joy	Cook a healthy meal	Unplug from technology for an hour
<b>Day 21</b>	<b>Day 22</b>	<b>Day 23</b>	<b>Day 24</b>	<b>Day 25</b>
Visit a local park	Try a new recipe	Compliment a stranger	Do a puzzle or brain teaser	Spend time in the sunshine
<b>Day 26</b>	<b>Day 27</b>	<b>Day 28</b>	<b>Day 29</b>	<b>Day 30</b>
Practice a positive affirmation	Donate or volunteer time at a charity	Allow your self to rest (take a nap)	Paint, draw, or do something creative	Treat a friend with a coffee or some flowers

**Day 31**

Reflect on your achievements!