

# Mindful May 2024

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|--|---|--|--|--|--|---|
|  |   |  | 1<br>Set an intention to practice sun safety this season and care for your skin with compassion                      | 2<br>Pick up an object, noticing its texture, weight & temperature                                   | 3<br>Check for local flower farms and make a plan to visit one   | 4<br>Give your loved ones your undivided attention today  |
| 5<br>Set an intention for the week ahead that will ground you and inspire you                  | 6<br>Think about or write about something you've done that you're proud of                                    | 7<br>Check in: how are you feeling lately? Do you notice anything about your general mood? | 8<br>Tell someone about the strengths you see in them  | 9<br>Practice a Loving Kindness Meditation. Scan the QR code on this calendar for a guided video     | 10<br>Take a walk outside and find joy in being active   | 11<br>Send a thank you card to someone who's supported you: a nurse, teacher, coworker or even a friend |
| 12<br>Join us in lighting a candle and feeling gratitude for all the amazing moms in the world | 13<br>Learn something new! Watch a TedTalk  | 14<br>Make plans to connect with others and do something fun                               | 15<br>Unwind luxuriously before bed. Dim the lights, light candles or diffuse essential oils. Turn on relaxing music | 16<br>Think or write about your three greatest strengths. Write specific examples that showcase them | 17<br>Nurture your hands by stretching your fingers & rotating your wrists. Then make fists & rotate your wrists | 18<br>Take a photo of something beautiful you see today   |
| 19<br>Intentionally schedule 'me time' in your calendar this week                              | 20<br>Think or write about a recent challenge you faced and how you persisted despite the outcome             | 21<br>Observe nature for ten minutes or more, preferably sitting outside!                  | 22<br>Check in one someone you haven't heard from in a while   | 23<br>Put on some music and sing, dance, or groove to the sound                                      | 24<br>Practice kindness with someone you feel inclined to criticize  | 25<br>Do something kind for someone today   |
| 26<br>Do something kind for nature today   | 27<br>Sitting quietly and focusing on your breath, feel gratitude for the sacrifices of those who have served | 28<br>Show gratitude to your body with a self massage                                      | 29<br>Use 4-7-8 breathing. Breathe in for 4 seconds, hold for 7 seconds, and exhale for 8 seconds                    | 30<br>Write about your ideal future, and your strengths and skills that will help you achieve it     | 31<br>After you wake up in the morning or before you go to bed at night, write 5-10 things you're grateful for   |   |

## Birthday Corner

Happy birthday to our community members Elly, Deby, and Ryder! Do you have a birthday coming up? Let us know so we can shout you out!

Share your mindful ideas with us!



@carolslightorg



info@carolslight.org



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