

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

JULY



Mindfulness Association

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FREE GUIDED MEDITATIONS
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UPCOMING COURSES

1 31 Day Mindfulness Charity Challenge Begins Today

2 What part of your body is holding tension, and what is it trying to tell you?

3 Who in your life needs a quiet wish of kindness today?

4 Mystical Poetry Practice Day today!

5 How does it feel to rest in the empty space between your breaths?

6 Describe the flavour a meal using three descriptive sentences.

7 What types of recurring thoughts are you noticing today?

8 Close your eyes and write down three sounds you can hear right now.

9 MSc Studies in Mindfulness Open Evening.

10 What specific triggers disrupt your peace, and what tools bring you back?

11 Equanimity Weekend Begins Today!

12 How does it feel to rest in the empty space between your breaths?

13 What types of recurring thoughts are you noticing today?

14 How often do you rush through and miss the present moment?

15 What impulse drives you to pick up your phone when you are bored?

16 Where in your body do you feel pleasant sensations? Can you describe them?

17 Journal about simple sources of inner calm. Reflect on how to bring more into your day.

18 Mindfulness in Nature Weekend Begins Today.

19 What does true, deep self-care mean to you?

20 What was an unexpected moment of joy you experienced today?

21 What is your heart trying to communicate to your head right now?

22 What are you holding onto that you need to gently let go of?

23 Try a mindful practice before bed. Journal the impact the next day.

24 What was a small victory over challenge you had today?

25 Ask yourself a simple question: *What is important to me today?*

26 What thoughts or emotions arise when you listen to your favourite song?

27 Does external clutter influence your internal mental clarity?

28 Spend some time in nature. What do you notice in your mood?

29 Have a day without screens. Reflect on how this impacts your mood.

30 Who has been an anchor of support for you this month, and why?

31 Write a gratitude list for the month of July.



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