



12 mindful exercises

FOR EVERY MONTH

- 1 *Me-time* once a week – consciously take some time for yourself and do something good for yourself
- 2 What are you *looking forward* to this month?
- 3 Create a *to-relax list*: relax, philosophise, dream (your counter to the to-do list)
- 4 Consciously take time for the *things you love doing*
- 5 Music can improve our well-being in any situation; *create playlists* for different moods and write down your favourite songs
- 6 Give yourself a *small gift* this month
- 7 What are your *favourite meals*? Cook a few of them this month and eat them mindfully
- 8 Say "yes" to yourself, what makes you you?
You are good the way you are.
- 9 Get rid of it! It's good to *declutter, clear out, tidy up* – and it's liberating. Consciously get rid of things you haven't used for a long time
- 10 What have you always wanted to do? Dare to *try something new*
- 11 More time to *be happy* – If something makes you happy, you should do it more often. Make a list of the activities that make you happy and spend more time this month doing these things that give you energy
- 12 Do something every week that brings you *inner tranquillity and balance*