“People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don’t even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child—our own two eyes. All is a miracle.”

Thich Nhat Hanh
Your Mindful Week

When you consider what to do each day of this week, set an intention. Ask yourself: "What energy do I wish to bring into the world as I do this activity?" Also, look out for yourself. Where can you create more space or time for yourself?

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday
Monday

Checking In

How are you? What feelings do you notice?

Planning

How do you intend to show up in the world today? What energy will you bring to today's activities?

Self-Care

How can you show yourself compassion today? What do you need today?
Tuesday

Checking In

How are you? What feelings do you notice?

Planning

How do you intend to show up in the world today? What energy will you bring to today's activities?

Self-Care

How can you show yourself compassion today? What do you need today?
Wednesday

Checking In

How are you? What feelings do you notice?

Planning

How do you intend to show up in the world today? What energy will you bring to today’s activities?

Self-Care

How can you show yourself compassion today? What do you need today?
Thursday

Checking In

How are you? What feelings do you notice?

Planning

How do you intend to show up in the world today? What energy will you bring to today’s activities?

Self-Care

How can you show yourself compassion today? What do you need today?
Friday

Checking In

How are you? What feelings do you notice?

Planning

How do you intend to show up in the world today? What energy will you bring to today's activities?

Self-Care

How can you show yourself compassion today? What do you need today?
Saturday

Checking In

How are you? What feelings do you notice?

Planning

How do you intend to show up in the world today? What energy will you bring to today's activities?

Self-Care

How can you show yourself compassion today? What do you need today?
Sunday

Checking In

How are you? What feelings do you notice?

Planning

How do you intend to show up in the world today? What energy will you bring to today’s activities?

Self-Care

How can you show yourself compassion today? What do you need today?