



Mindful Calendar 2023

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Holidays

New Year Day January 1 Sunday

New Year Day January 2 Monday (observed)

Martin Luther King, Jr. Day January 16 Monday

George Washington's Birthday February 20 Monday

Memorial Day May 29 Monday

Juneteenth June 19 Monday

Independence Day July 4 Tuesday

Labor Day September 4 Monday

Columbus Day October 9 Monday

Veterans Day November 10 Friday (observed)

Veterans Day November 11 Saturday

Thanksgiving Day November 23 Thursday

Christmas Day December 25 Monday



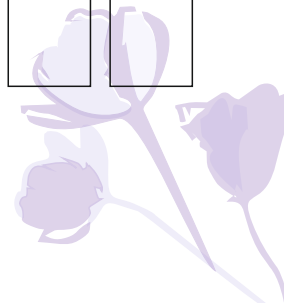


JANUARY 2023



SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

There are so many things in my life that bring me Joy every day and make my life fulfilling





FEBRUARY 2023



SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

I set goals and go after them with all the determination I can muster.
When I do this, my own skills and talents will take me to places that amaze me.





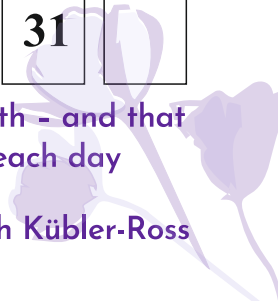
MARCH 2023

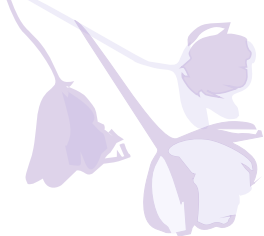


SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

"It's only when we truly know and understand that we have a limited time on earth - and that we have no way of knowing when our time is up - that we will begin to live each day to the fullest as if it was the only one we had."

- Elisabeth Kübler-Ross



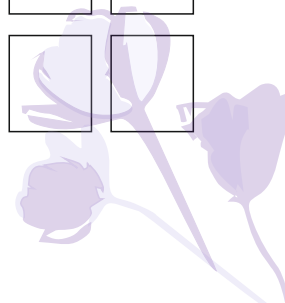


APRIL 2023



SUN	MON	TUES	WED	THURS	FRI	SAT
						1
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

My desired outcomes will appear. I am in a state of flow





MAY 2023



SUN	MON	TUES	WED	THURS	FRI	SAT
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Each morning we are born again. What we do today is what matters most.

- Jack Kornfield





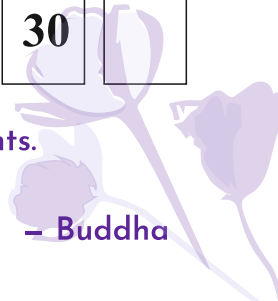
JUNE 2023



SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

“Our own worst enemy cannot harm us as much as our unwise thoughts.
No one can help us as much as our own compassionate thoughts.”

– Buddha



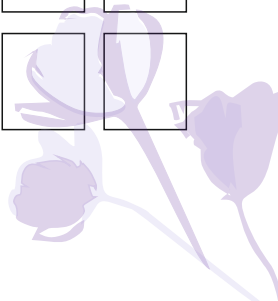


JULY 2023



SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

I am grateful for things always working out for me.



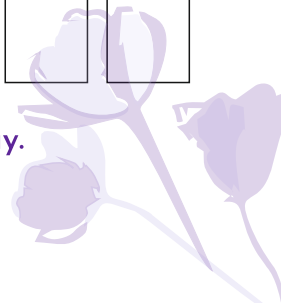


AUGUST 2023



SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

One small positive thought in the morning can change my whole day.
 So, today I rise with a powerful thought to set the tone and
 allow success to reverberate through every moment of my day.



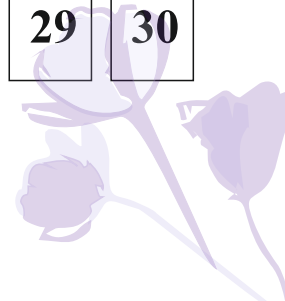


SEPTEMBER 2023



SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
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24	25	26	27	28	29	30

I accept myself for who I am
and create peace, power and confidence of mind and of heart.





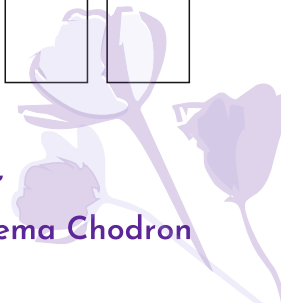
OCTOBER 2023



SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
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29	30	31				

Impermanence is a principle of harmony.
 When we don't struggle against it, we are in harmony with reality."

– Pema Chodron



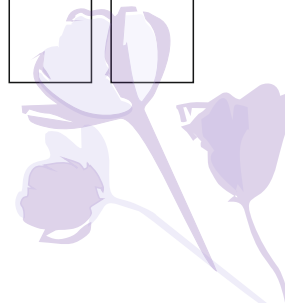


NOVEMBER 2023



SUN	MON	TUES	WED	THURS	FRI	SAT
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

I am turning DOWN the volume of negativity in my life,
while simultaneously turning UP the volume of positivity.





DECEMBER 2023



SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

I am grateful for everything I have in my life.
 I let go of things that don't serve me. I am filled with focus.

