

Mindfulness Course

31 Days of Guided Mindfulness

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| 1. Calm | 2. Clarity | 3. Show Up |
| 4. Prioritize | 5. Commit | 6. Dig Deeper |
| 7. Connection | 8. Trust | 9. Intention |
| 10. Curiosity | 11. Passion | 12. Confidence |
| 13. Freedom | 14. Let Go | 15. Love |
| 16. Choose | 17. Protect | 18. Say No |
| 19. Courage | 20. Complete | 21. Release |
| 22. Nurture | 23. Plan | 24. Creativity |
| 25. Focus | 26. Awaken | 27. Think Big |
| 28. Patience | 29. Gratitude | 30. Reflect |
| 31. Forward | | |

