

# Mind Cures

31 Easy-read mindful ways to start your day with a fresh, hopeful and positive perspective.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Finish this sentence: "Today I will fill my cup by..."	<b>2.</b> Think of 3 challenges you overcame during 2020. Celebrate them in style!	<b>3.</b> Where in life might you need to slow down and how can you make that happen?	<b>4.</b> Spring clean your social media by removing any accounts that don't spark your joy	<b>5.</b> Focus on growth, not perfection.	<b>6.</b> Celebrate the things you achieved today - big or small!	<b>7.</b> Practice finding the good in every situation.
<b>8.</b> Focus less on what you want, and more on what you have.	<b>9.</b> Here and now, what are you most thankful for in life?	<b>10.</b> Asking for help is the sign of a healthy, confident and humble person.	<b>11.</b> Take a moment to really be proud of yourself. No-one knows what it's like to be you.	<b>12.</b> Whatever you're about to do, be completely in the moment, even for 30 seconds	<b>13.</b> It can take years to change your life, but only one thought to change your perspective.	<b>14.</b> What are 3 things you love doing in the comfort of your home?
<b>15.</b> Think of someone you care for, and how you could show them some love	<b>16.</b> Who or what inspires you to push through the hard times?	<b>17.</b> Dig deep today, because you're far more capable than you may realise!	<b>18.</b> Finish this sentence: "I feel most at peace when..."	<b>19.</b> Let go of controlling the uncontrollable and ride the wave with loved ones nearby.	<b>20.</b> Plan white space in your day where you can do something you really love.	<b>21.</b> See the mess? Remember- it's full of gifts and blessings that someone else in the world doesn't have.
<b>22.</b> Reflect on 3 of your strengths that make you - you!	<b>23.</b> Free yourself from 24/7 happiness. It's okay not to be okay.	<b>24.</b> Today is a new day - a new beginning, and a fresh start to love and hope.	<b>25.</b> Remember, those painful chores exist because we are blessed with possessions.	<b>26.</b> Know that you are deeply loved. Someone is always watching over you.	<b>27.</b> Finish this sentence: "I smile whenever I think of..."	<b>28.</b> Let go of the success of others - we don't often know the full story.
<b>29.</b> Who are the people who fill your cup? Who's cup do you fill?	<b>30.</b> Reflect on a mistake in the years gone by that you're thankful you made.	<b>31.</b> Take a moment to count your blessings - you'll be there all day!	<b>5 THINGS FOR ME.</b> If you love to give, remember to give back to you. List 5 things you might treat yourself to this month. _____ _____ _____ _____ _____			