

November

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Still Mind🍃						1 I trust where life is leading me.
2 Gratitude grounds me.	3 My energy flows where my peace grows.	4 My presence is enough.	5 I honor my need for rest.	6 I am grounded & safe.	7 I let go of yesterday's weight.	8 Peace begins within me.
9 I chose ease over pressure.	10 I breathe in calm, I exhale pressure.	11 I am learning to bloom slowly.	12 I move gently through this moment.	13 I am worthy of softness and space.	14 I am proud of how far I've come.	15 I invite stillness into my day.
16 I release comparison and choose gratitude.	17 My mind is clear, my heart is steady.	18 I trust the timing of my journey.	19 I choose progress, not perfection.	20 I am surrounded by calm energy.	21 I am becoming who I'm meant to be.	22 I flow with life, not against it.
23 I honor my healing pace.	24 I let my peace speak louder than my fears.	25 I am growing quietly and beautifully.	26 My rest is productive.	27 I release the urge to rush.	28 I am calm, capable, and aligned.	29 I am at peace with my pace.