

# Mindful Movement Meditations Calendar

Your body and mind are interconnected and crucial to your overall health. Regular meditation has proven mental and physical benefits and is a simple activity that can help you live better. We've put together a special weekly calendar you can use to get started with meditation and build toward better health and well-being — one small step at a time.

## Week 1: Set Yourself Up for Success

Get off on the right foot by establishing your intentions and goals for the week. Reaching small daily goals will give you motivation to achieve more over time.

- ▶ [Greet Your Day by Setting a Simple Goal:](#) Ask yourself, what is one thing you'd like to accomplish today?
- ▶ [Stay Focused:](#) Boost your productivity with this calm and relaxing music.

## Week 2: Overcome Challenges

You'll likely experience mistakes and setbacks on your path to success. Learn to embrace and overcome challenges with these meditations hosted by tennis superstar Naomi Osaka.

- ▶ [Visualize the Challenge:](#) Be present and focused leading up to a big event.
- ▶ [Reframe Negative Self-Talk:](#) Acknowledge and deal with negative or stressful thoughts.

## Week 3: Strengthen Your Mind-Body Connection

Your mental and physical health are directly linked and influence each other in profound ways. Stay focused and active with these meditations.

- ▶ [Mental Fitness:](#) Apply your mental and emotional energy in the most efficient and beneficial ways.
- ▶ [Full Body Stretch Break:](#) Use this guided stretch routine at any time of the day.

## Week 4: Build Resilience

Resilience involves taking action on things you can control and accepting what you cannot. Use these meditations to transform challenges into growth.

- ▶ [Savor the Positives:](#) Access a pleasant experience to improve your mood.
- ▶ [Nourishing Breathing:](#) Try this rejuvenating breathing exercise.



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