



2026 Calendar

Mindful Living Counselling

All images featured in this calendar are original photographs captured as part of my counselling and creative practice.



January invites you to pause.
Feel the ground beneath you.
Begin from here.

Mindful Living Counselling

Intentions that support my growth.

MON	TUE	WED	THU	FRI	SAT	SUN
			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	

☐
☐
☐
☐
☐




Longer days.
Bare feet.
A season made for
trying something new.

Mindful Living Counselling

Intentions that support my growth.

MON	TUE	WED	THU	FRI	SAT	SUN
						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	

☐

☐

☐

☐

☐



As summer softens,
notice what draws
you inward.
There is wisdom in retreat.

Mindful Living Counselling

Intentions that support my growth.

MON	TUE	WED	THU	FRI	SAT	SUN
						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					

☐

☐

☐

☐

☐



This month, turn your attention
to the shapes your
life is taking.
Some patterns are
asking to be seen.

Mindful Living Counselling

Intentions that support my growth.

MON	TUE	WED	THU	FRI	SAT	SUN
		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			

☐

☐

☐

☐

☐



May calls you to
listen more closely.
Notice what only
you can give yourself.

Mindful Living Counselling

Intentions that support my growth.

MON	TUE	WED	THU	FRI	SAT	SUN
				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

☐

☐

☐

☐

☐



June invites you to notice
both light and shadow.
What you see, and
what you've been avoiding.

Mindful Living Counselling

Intentions that support my growth.

MON	TUE	WED	THU	FRI	SAT	SUN
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					

☐

☐

☐

☐

☐



When things feel colder,
reach for connection.
It doesn't have to be big,
just real.

Mindful Living Counselling

Intentions that support my growth.

MON	TUE	WED	THU	FRI	SAT	SUN
		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		

☐

☐

☐

☐

☐



August invites sound
and movement.
Let your body lead.
Notice what comes alive.

Mindful Living Counselling

Intentions that support my growth.

☐

☐

☐

☐

☐

MON	TUE	WED	THU	FRI	SAT	SUN
					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						



Spring invites quiet beginnings.
Choose one small shift that
nourishes you, a breath, a boundary,
a new rhythm, an intention.
No big plans needed. Just a seed
that feels alive today.

Mindful Living Counselling

Intentions that support my growth.

MON	TUE	WED	THU	FRI	SAT	SUN
	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				

☐

☐

☐

☐

☐



Not everything that shines is real.

Some things catch the light but don't hold it.

This month invites you to notice what builds self trust.

Mindful Living Counselling

Intentions that support my growth.

MON	TUE	WED	THU	FRI	SAT	SUN
			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	

☐
☐
☐
☐
☐



November offers a
wider view.
Make space for
what you're becoming.

Mindful Living Counselling

Intentions that support my growth.

MON	TUE	WED	THU	FRI	SAT	SUN
						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						

☐

☐

☐

☐

☐



Take a moment to notice the people and places that allow you to nest, to feel safe, seen, and heard.

What changes can you name in yourself over the past year?

Mindful Living Counselling

Intentions that support my growth.

MON	TUE	WED	THU	FRI	SAT	SUN
	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			

☐
☐
☐
☐
☐