



# 2026 Calendar

## Mindful Living Counselling

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





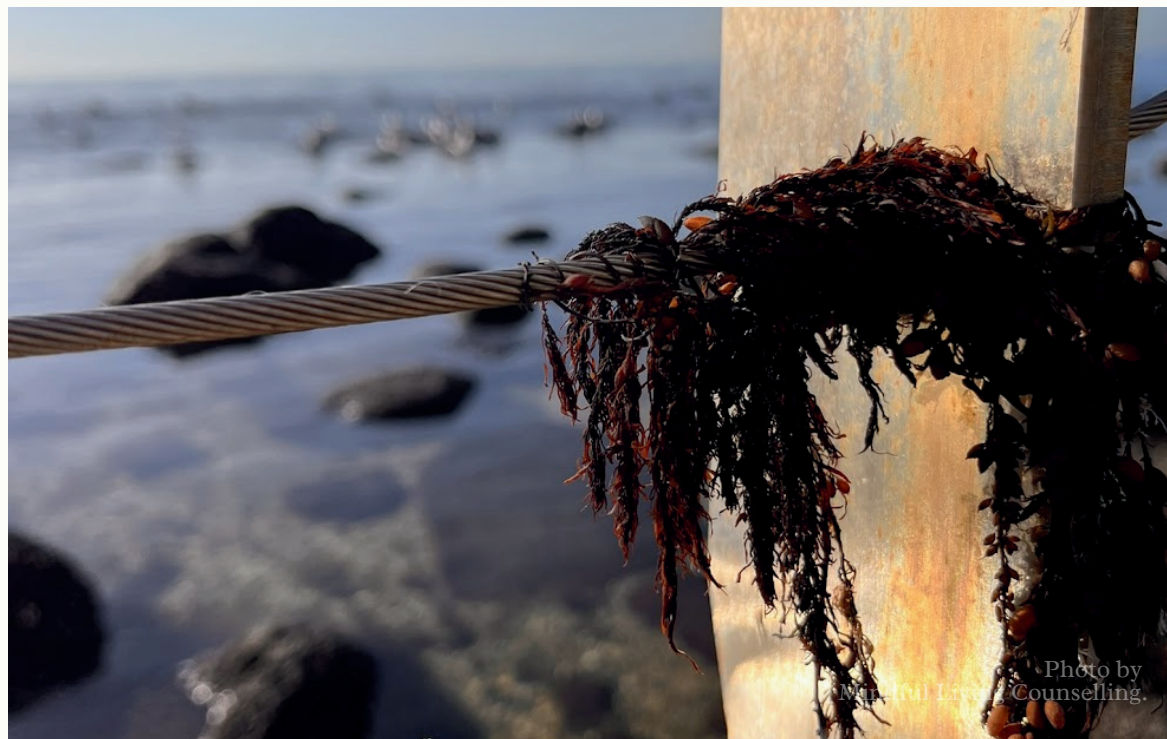
January invites you to pause.  
Feel the ground beneath you.  
Begin from here.

Mindful Living Counselling

Intentions that support my growth.

MON	TUE	WED	THU	FRI	SAT	SUN
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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
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As summer softens,  
notice what draws  
you inward.  
There is wisdom in retreat.

Mindful Living Counselling

Intentions that support my growth.

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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.

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

Mindful Living Counselling

Intentions that support my growth.

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

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

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

Mindful Living Counselling

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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.

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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.

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

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Photo by  
Mindful Living Counselling.

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?

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