

2026 Calendar

Mindful Living Counselling

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

January

2026



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

Mindful Living Counselling

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	

Intentions that support my growth.

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FEBRUARY

2026



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	

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Photo by
Mindful Living Counselling

MON	TUE	WED	THU	FRI	SAT	SUN
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					

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.

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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

Mindful Living Counselling

MON	TUE	WED	THU	FRI	SAT	SUN
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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



Intentions that support my growth.



Photo by
Mindful Living Counselling.

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					

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.

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Photo by
Mindful Living Counselling.

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

Mindful Living Counselling

Intentions that support my growth.

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27	28	29	30	31		

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

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MON	TUE	WED	THU	FRI	SAT	SUN
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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SEPTEMBER

2026



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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OCTOBER

2026



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

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

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
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DECEMBER

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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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