

# Inspirational Calendar

## A moment to Pause



<p>1</p> <p>Find the sweetness in your own heart, then you may find the sweetness in every heart. (Rumi)</p>	<p>2</p> <p>Man suffers because of his craving to possess and keep forever things which are impermanent. (Buddha)</p>	<p>3</p> <p>Your breath is your closest confidant. It carries you through every moment of your life.</p>	<p>4</p> <p>Consciously breathe deeply into your belly through your nose again and again &amp; very slowly out again.</p>
<p>5</p> <p>Through self-observation, more presence comes into your life automatically. (Eckhart Tolle)</p>	<p>6</p> <p>Which of your qualities or skills do you particularly like about yourself? Why do you like them?</p>	<p>7</p> <p>Take a look around you. What beautiful things catch your eye? What colors or shapes?</p>	<p>8</p> <p>Every word thought and spoken has a corresponding effect.</p>
<p>9</p> <p>Maybe today you might consciously pay attention to which words you use. Which ones are really necessary?</p>	<p>10</p> <p>Silence is the music we need to be close to ourselves. (Klaus Seibold)</p>	<p>11</p> <p>Take time for a warm cup of tea or cocoa today. Hold the cup in your hand &amp; consciously drink slowly.</p>	<p>12</p> <p>An optimist always finds a path. A pessimist always finds an excuse. (after Napoleon Hill)</p>
<p>13</p> <p>Fools hurry, clever people wait, wise people go into a garden. (Rabindranath Tagore)</p>	<p>14</p> <p>Take a closer look at the sky today. Are there any great colors or clouds? Can you see any images in them?</p>	<p>15</p> <p>There is a voice that doesn't use words. Listen to it. (Rumi)</p>	<p>16</p> <p>When a person calms down, then she/he is effective. (Francesco Petrarca)</p>
<p>17</p> <p>If you only ever function, you withdraw from the adventure of life. (Armin Mueller-Stahl)</p>	<p>18</p> <p>The art of resting is part of the art of working. (John Steinbeck)</p>	<p>19</p> <p>Take a five-minute break in the middle of your work today and read through all the inspirations here again.</p>	<p>20</p> <p>When you get tired, learn to rest, not to quit. (Banksy)</p>
<p>21</p> <p>If you want to change something, start with the person you see in the mirror every morning. (Unknown)</p>	<p>22</p> <p>Smile at yourself today. Show yourself your radiant smile - just like that. You are worth it.</p>	<p>23</p> <p>Time that we take is time that gives us something. (Ernst Ferstl)</p>	<p>24</p> <p>I wish you a relaxing festive season with time for love, beautiful conversations, laughter, &amp; heart-warming moments.</p>