



soulcalm

“Our life is shaped by our mind, for we become what we think.” - Buddha



2 0 2 5
J A N U A R Y

01

SUN MON TUE WED THU FRI SAT

			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	





Time to let go of the things in your
life that don't serve you.

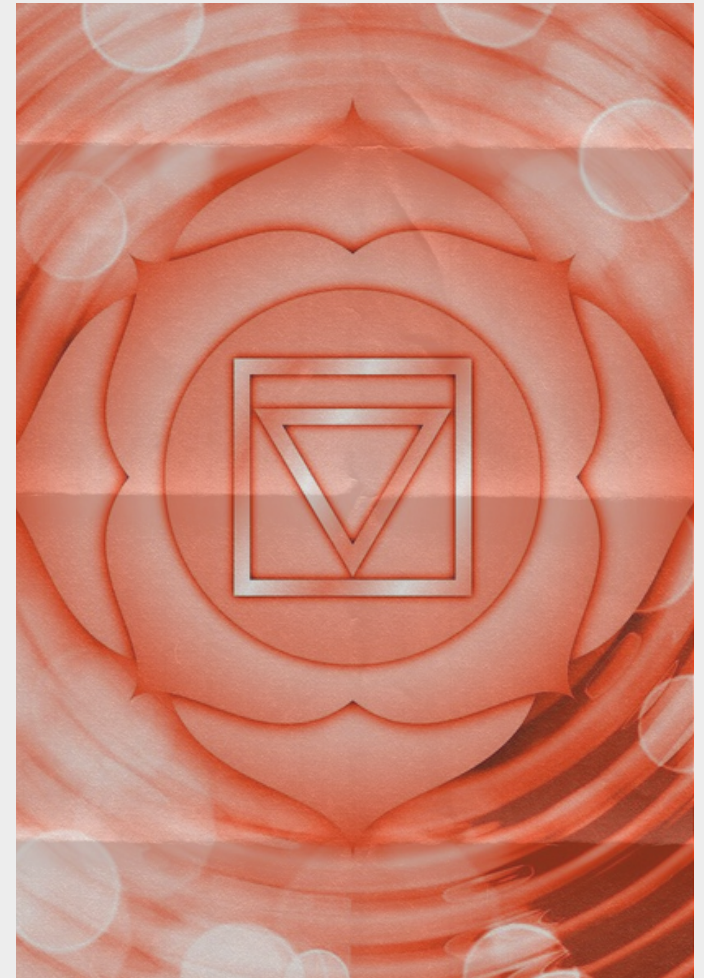


2 0 2 5
F E B R U A R Y

02

SUN MON TUE WED THU FRI SAT

						<i>1</i>
<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	



With each breath,
I invite peace and
harmony into my
life and the lives
of others.



2 0 2 5
M A R C H

03

SUN MON TUE WED THU FRI SAT

						<i>1</i>
<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>
<i>30</i>	<i>31</i>					



"Eventually you will
come to understand that
love heals everything,
and love is all there is"



2 0 2 5
A P R I L

04

SUN MON TUE WED THU FRI SAT

		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			



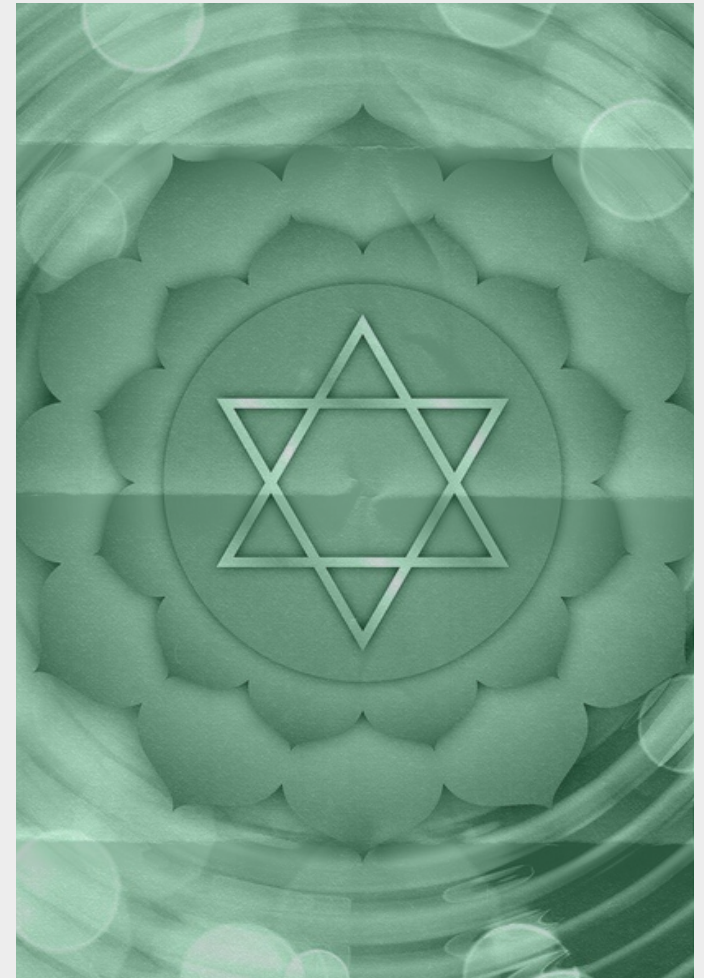


Practice meditating every day. Start with just a few minutes of silence and deep breathing.

2 0 2 5
M A Y

05

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
				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



Trust in y ourself – you know you
better than anyone else!

Trust in the you of now

BRIAN ENO / PETER

2 0 2 5
J U N E

06

SUN MON TUE WED THU FRI SAT

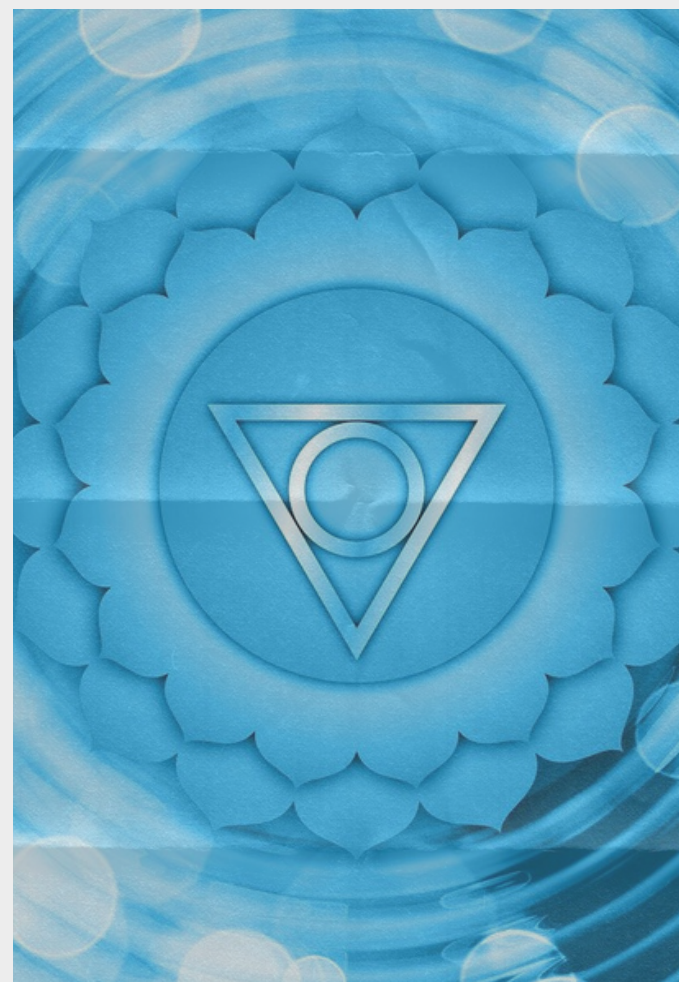
1 2 3 4 5 6 *7*

8 9 10 11 12 13 *14*

15 16 17 18 19 20 *21*

22 23 24 25 26 27 *28*

29 30





Take the time to enjoy the
simple beauty of your
surroundings

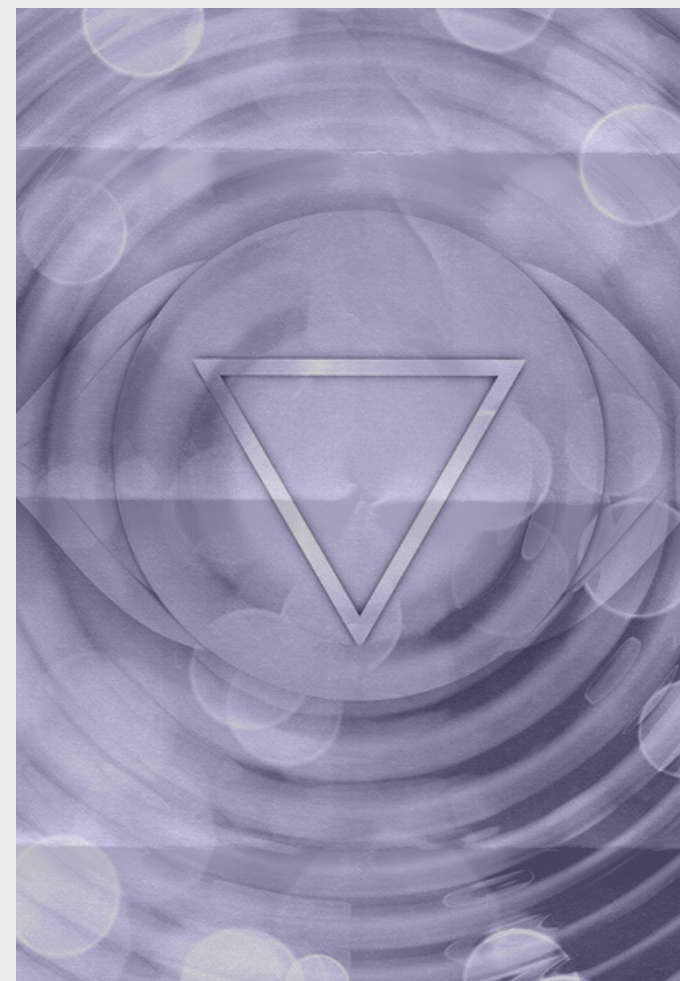


2 0 2 5
J U L Y

07

SUN MON TUE WED THU FRI SAT

		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		



"The greatest
healing therapy
is friendship and
love." - Hubert
H. Humphrey

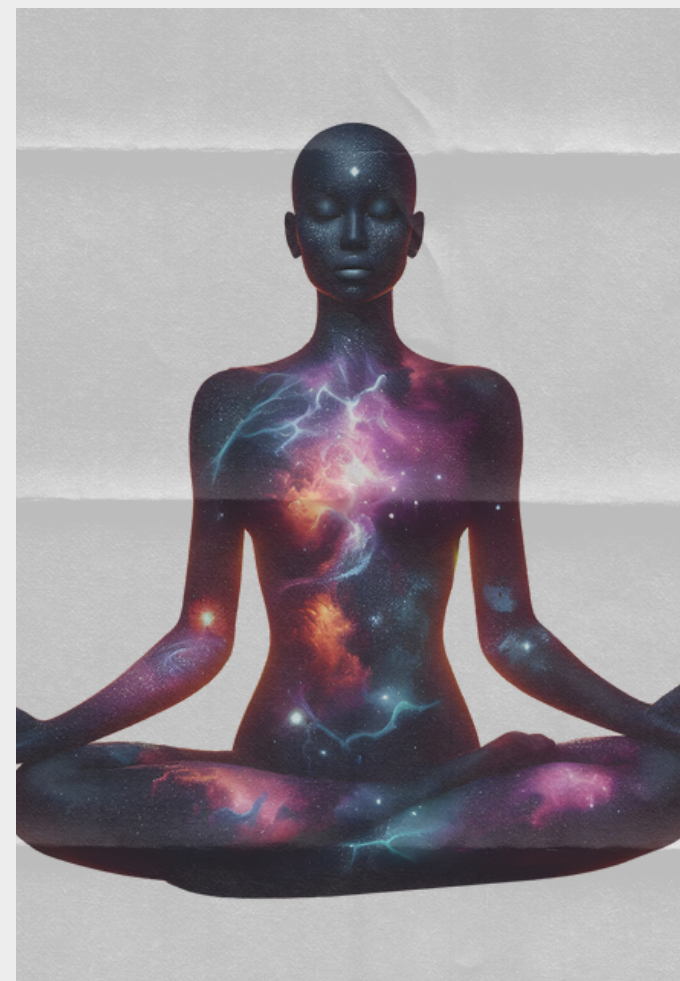


2 0 2 5
AUGUST

08

SUN MON TUE WED THU FRI SAT

					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						



Be kind
to
yourself
by
putting
yourself
first.



2 0 2 5

SEPTEMBER

09

SUN MON TUE WED THU FRI SAT

	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				



“Healing is a journey. Each step is unique”



2 0 2 5
OCTOBER

10

SUN MON TUE WED THU FRI SAT

			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	



Allow calm to fill your mind to find happiness and healing once more.

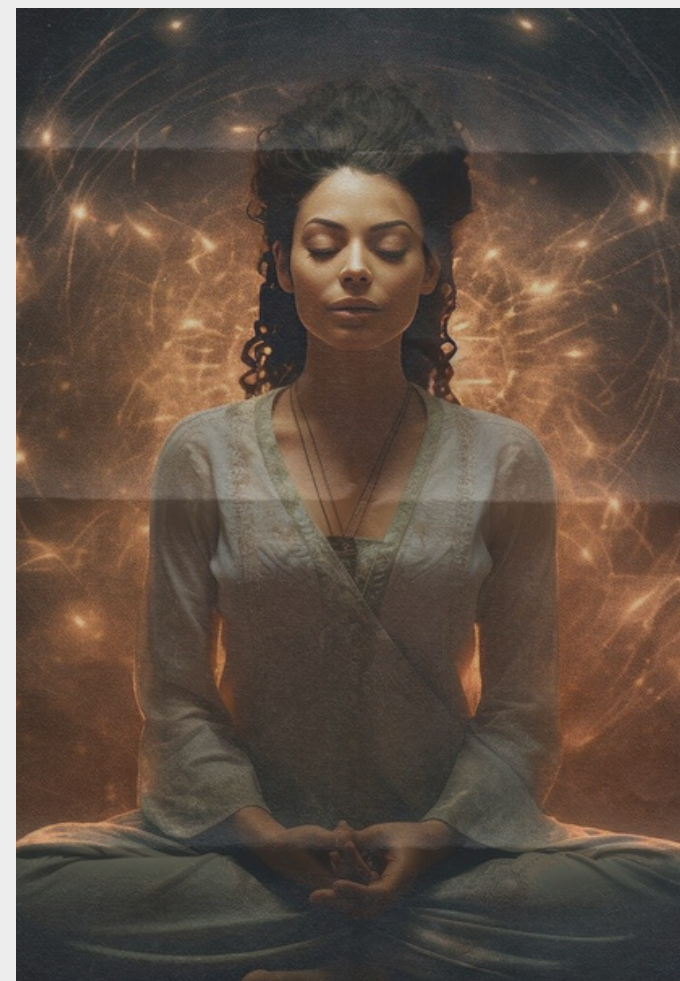


2 0 2 5
NOVEMBER

11

SUN MON TUE WED THU FRI SAT

						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						





Wherever you go,
no matter what
the weather,
always bring your
own sunshine.

2 0 2 5
D E C E M B E R

12

SUN	MON	TUE	WED	THU	FRI	SAT
	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			

