

### 2025 Be in the Moment

Day 1	1/1	embrace the new year one day at a time
Day 2	1/2	take a moment to stop & breathe deeply
Day 3	1/3	stop rushing everywhere slow down
Day 4	1/4	enjoy the early morning quietude
Day 5	1/5	go outside and embrace the perfection of nature
Day 6	1/6	stillness is ok practice daily
Day 7	1/7	today is the best gift you'll receive
Day 8	1/8	be present with someone genuinely listen
Day 9	1/9	when cooking be calm anger creates bad food
Day 10	1/10	go outside watch listen and learn from nature
Day 11	1/11	when you go for a walk stay focused on the walk
Day 12	1/12	early morning are best to meditate to be still & quiet
Day 13	1/13	finish what you start stay focused
Day 14	1/14	take time to listen to the wisdom of your elders
Day 15	1/15	be present today not in the past or future
Day 16	1/16	love and live like there's no tomorrow
Day 17	1/17	stop wasting time fulfill your dreams
Day 18	1/18	love each day like a new beginning
Day 19	1/19	be grateful for today it's a perfect gift
Day 20	1/20	peace begins with one deep breath
Day 21	1/21	spend time with those you love life passes so quickly
Day 22	1/22	slow down & enjoy this day
Day 23	1/23	be grateful today it's a beautiful gift
Day 24	1/24	enjoy food don't rush it's nourishing your well-being
Day 25	1/25	go outside and listen to nature's beautiful melody of life
Day 26	1/26	stop the mind sit breathe & just be still
Day 27	1/27	listen in conversations be a real friend
Day 28	1/28	doing your best each day is enough
Day 29	1/29	focus on what you need today not the past
Day 30	1/30	it's a new day let it shine with all your glory
Day 31	1/31	take time to slow down breathe & be in love
Day 32	2/1	today be strong not fearful faith will carry you
Day 33	2/2	when you walk just think about the walk
Day 34	2/3	take care of yourself today you're important
Day 35	2/4	it takes one negative thought to create stress change it
Day 36	2/5	It's a new day make it count
Day 37	2/6	it's time to take a deep breathe and let go of negativity
Day 38	2/7	stop procrastinating make a change today
Day 39	2/8	life is so short forgive & love
Day 40	2/9	watch nature birds never waste time
Day 41	2/10	stop rushing the days are flying by slow down & enjoy
Day 42	2/11	enjoy early morning quietude
Day 43	2/12	find peace in today leave the past in the past
Day 44	2/13	remember love in each day not hate
Day 45	2/14	love is so powerful everyday
Day 46	2/15	it's a new day a special gift to be your best self
Day 47	2/16	laughter is the best medicine take time for it
Day 48	2/17	time is so precious stop wasting it
Day 49	2/18	rest is as important as food don't skip it
Day 50	2/19	there's so much joy in simple things embrace them
Day 51	2/20	be patient and trust the process
Day 52	2/21	smile today it can change the world
Day 53	2/22	take 5 minutes today to just be embrace stillness
Day 54	2/23	cook a meal with love it's better for you
Day 55	2/24	wake up early to prepare for something great
Day 56	2/25	take the time to say thank you it means so much
Day 57	2/26	be patient today beauty is unfolding
Day 58	2/27	find a little joy today in simple things
Day 59	2/28	stop listen to your breath it's the rhythm of your life
Day 60	3/1	listen to the wisdom of your elders
Day 61	3/2	love someone today life is too short to miss out
Day 62	3/3	peace is within your heart spend time there
Day 63	3/4	find positive in today
Day 64	3/5	thoughts are powerful have good ones today
Day 65	3/6	great things happen from kindness
Day 66	3/7	help someone today it will help you
Day 67	3/8	it's a new day a precious gift embrace it
Day 68	3/9	be patient something great is unfolding

Day 60	3/10	share knowledge today to help others
Day 70	3/11	today is the day to shine your light
Day 71	3/12	feed someone today the ultimate gift
Day 72	3/13	think positive today it will make the day great
Day 73	3/14	smile today it's contagious
Day 74	3/15	knowledge is power learn something new today
Day 75	3/16	win a battle today with unconditional love
Day 76	3/17	believe in what's good and leave the bad stuff out
Day 77	3/18	things can change by changing your thoughts
Day 78	3/19	make today the best day ever
Day 79	3/20	make peace today not war
Day 80	3/21	it's a new day to change the world
Day 81	3/22	bring love everywhere you go
Day 82	3/23	nuture a child today they are the future
Day 83	3/24	be outside nature natures your soul
Day 84	3/25	feed people food love & knowledge
Day 85	3/26	you just received a precious new gift, a new day
Day 86	3/27	take a moment to breathe deeply to calm
Day 87	3/28	takes one second to change your mind to positive
Day 88	3/29	love is simple practice daily
Day 89	3/30	help someone today to create a littlepeace
Day 90	3/31	practice self-care today you deserve it
Day 91	4/1	freedom begin with controlling your mind
Day 92	4/2	love is free share it today
Day 93	4/3	stress less today have more positivity
Day 94	4/4	be patient today breathe & slow down
Day 95	4/5	smile at someone today they may need it
Day 96	4/6	plant something today nurture the earth
Day 97	4/7	calm starts in the mind today focus on joy
Day 98	4/8	be strong today even when it's hard rise above
Day 99	4/9	nourish the body & mind - good food & thoughts
Day 100	4/10	today find peace in simple things
Day 101	4/11	never let anyone take your joy
Day 102	4/12	it's a new day make it the best day ever
Day 103	4/13	slow down today enjoy nature & breathe
Day 104	4/14	today see things positive not negative
Day 105	4/15	strength begins with your mind
Day 106	4/16	trust the process your amazing journey is unfolding
Day 107	4/17	be brave today you're stronger than you think
Day 108	4/18	spread love today not hate it's simple
Day 109	4/19	love your work then it won't seem like a job
Day 110	4/20	hard things in life are a test of your strength
Day 111	4/21	spend time with your elders listen to their wisdom
Day 112	4/22	notice a blessing today simple as your breath
Day 113	4/23	spend a little time today reflecting on what's good
Day 114	4/24	practice forgiveness today it can help you be free
Day 115	4/25	great day to rise above all negativity
Day 116	4/26	enjoy this special gift a new day to love, live & be free
Day 117	4/27	go outside breathe in nature
Day 118	4/28	wake up early while the world is quiet & experience calm
Day 119	4/29	today share some love someone needs it
Day 120	4/30	change your thoughts to something positive
Day 121	5/1	emotions are like a roller coaster be patient
Day 122	5/2	love is so beautiful when it's unconditional
Day 123	5/3	help the suffering with your kind thoughts
Day 124	5/4	find a little contentment today to find peace
Day 125	5/5	eat healthy to feel alive & vibrant
Day 126	5/6	bringing joy to others helps you
Day 127	5/7	sing a song today it will lighten your soul
Day 128	5/8	help yourself and others give away things you don't need
Day 129	5/9	smile it's a new day full of great opportunities
Day 130	5/10	strength comes from within be strong today
Day 131	5/11	mothers of all forms are the greatest blessing
Day 132	5/12	it's a new day make it the best day ever
Day 133	5/13	listen to your intuition it can guide you to what's right
Day 134	5/14	smile it's a new day to shine
Day 135	5/15	find positive in your day rising above negativity
Day 136	5/16	stop rushing slow down & breathe
Day 137	5/17	find something simple and really enjoy it

Day 138	5/18	<i>treat others how you want to be treated</i>
Day 139	5/19	<i>believe in yourself you're special &amp; unique</i>
Day 140	5/20	<i>listen to nature it has healing wisdom</i>
Day 141	5/21	<i>freedom begins in your mind &amp; positive thoughts</i>
Day 142	5/22	<i>be patient with yourself trust the process</i>
Day 143	5/23	<i>be happy today it's your choice</i>
Day 144	5/24	<i>change your perspective see what's good</i>
Day 145	5/25	<i>find laughter today the best medicine</i>
Day 146	5/26	<i>love all beings we are all one</i>
Day 147	5/27	<i>be powerful &amp; resilient from the strength in your mind</i>
Day 148	5/28	<i>celebrate your birth it's the ultimate gift</i>
Day 149	5/29	<i>support your tribe as they will support you</i>
Day 150	5/30	<i>today embrace some love not hate</i>
Day 151	5/31	<i>kindness goes a long way</i>
Day 152	6/1	<i>plant a seed of goodness watch it grow</i>
Day 153	6/2	<i>see everyday as a gift to start new</i>
Day 154	6/3	<i>be proud of your uniqueness you are a true gift</i>
Day 155	6/4	<i>enjoy your food with love it's nourishing your well being</i>
Day 156	6/5	<i>stop and listen to nature it plays a beautiful symphony</i>
Day 157	6/6	<i>wake up happy &amp; your day will be grand</i>
Day 158	6/7	<i>put your hands in the earth it's the best therapy</i>
Day 159	6/8	<i>love what you do so it won't seem like work</i>
Day 160	6/9	<i>be strong rise above any fear worry or doubt</i>
Day 161	6/10	<i>don't be afraid find strength in faith</i>
Day 162	6/11	<i>take deep breaths to calm &amp; find the peace you need</i>
Day 163	6/12	<i>knowledge is powerful when used to help others</i>
Day 164	6/13	<i>wisdom comes from experience, good &amp; bad</i>
Day 165	6/14	<i>enjoy today forget about yesterday</i>
Day 166	6/15	<i>love fathers for their strength &amp; wisdom</i>
Day 167	6/16	<i>what a grand day to be alive enjoy it</i>
Day 168	6/17	<i>don't be afraid use fear for strength</i>
Day 169	6/18	<i>forgiveness is a powerful way of letting go</i>
Day 170	6/19	<i>be kind to yourself you're important</i>
Day 171	6/20	<i>freedom begins in the mind</i>
Day 172	6/21	<i>you're stronger than you think</i>
Day 173	6/22	<i>love always wins all wars</i>
Day 174	6/23	<i>today lets breathe deeply</i>
Day 175	6/24	<i>take care of yourself you're a precious gift</i>
Day 176	6/25	<i>kindness and compassion goes a long way</i>
Day 177	6/26	<i>control what you can today with strength &amp; love</i>
Day 178	6/27	<i>time is going so fast stop wasting it</i>
Day 179	6/28	<i>enjoy the simple things in life that bring great joy</i>
Day 180	6/29	<i>go for a walk enjoy nature's amazing gifts</i>
Day 181	6/30	<i>peace dwells in your heart not in the world</i>
Day 182	7/1	<i>be content with what you have</i>
Day 183	7/2	<i>see everyone the same like a child does</i>
Day 184	7/3	<i>nourish your mind with useful knowledge</i>
Day 185	7/4	<i>live for today not yesterday the past is done</i>
Day 186	7/5	<i>believe today will be great &amp; watch it happen</i>
Day 187	7/6	<i>smile it brightens the world</i>
Day 188	7/7	<i>choose happy it's simple</i>
Day 189	7/8	<i>be positive by changing negativity</i>
Day 190	7/9	<i>send some love into the world today</i>
Day 191	7/10	<i>set your mind on something stay focused it will happen</i>
Day 192	7/11	<i>stay strong through the hard tests of life</i>
Day 193	7/12	<i>love someone today no hate life is too short</i>
Day 194	7/13	<i>trust the process and see what unfolds</i>
Day 195	7/14	<i>hard work reaps many rewards be proud of it</i>
Day 196	7/15	<i>be content where you are to avoid suffering</i>
Day 197	7/16	<i>faith over fear works every time</i>
Day 198	7/17	<i>let love grow instead of hate</i>
Day 199	7/18	<i>today is the day to be positive happy &amp; free of hate</i>
Day 200	7/19	<i>what you believe you become, be love</i>
Day 201	7/20	<i>laugh like a child it can bring you joy</i>
Day 202	7/21	<i>find treasures in simple things</i>
Day 203	7/22	<i>take time to be still &amp; quiet, be ok with it</i>
Day 204	7/23	<i>practice patience today to see what unfolds</i>
Day 205	7/24	<i>what's most needed is love, just love</i>
Day 206	7/25	<i>in your heart is peace spend time there</i>

Day 207	7/26	<i>exercise daily both physically &amp; mentally</i>
Day 208	7/27	<i>manifest your dreams into reality keep believing</i>
Day 209	7/28	<i>today is going to be great keep thinking that way</i>
Day 210	7/29	<i>practicing compassion begins with yourself</i>
Day 211	7/30	<i>stay grounded like a tree letting nothing disturb you</i>
Day 212	7/31	<i>enjoy today not worrying about the past</i>
Day 213	8/1	<i>fuel your body &amp; mind with what's good not bad</i>
Day 214	8/2	<i>want to obtain freedom it start in the mind</i>
Day 215	8/3	<i>smile it changes the world</i>
Day 216	8/4	<i>help people in need as it will help you</i>
Day 217	8/5	<i>clear your mind of so much mental chatter</i>
Day 218	8/6	<i>stop wasting precious time</i>
Day 219	8/7	<i>be happy it's your choice</i>
Day 220	8/8	<i>self care is the best healthcare</i>
Day 221	8/9	<i>stop fighting and let love win all wars</i>
Day 222	8/10	<i>you've been given another day celebrate the gift</i>
Day 223	8/11	<i>patience is a great practice we all need</i>
Day 224	8/12	<i>learn something new today to change the world</i>
Day 225	8/13	<i>take a moment to breathe deeply calm &amp; find peace</i>
Day 226	8/14	<i>kill hate with kindness love &amp; compassion</i>
Day 227	8/15	<i>be proud of your self care it's extremely important</i>
Day 228	8/16	<i>be in love with what's good happy joyful &amp; kind</i>
Day 229	8/17	<i>trust the process &amp; watch beautiful things unfold</i>
Day 230	8/18	<i>it's a new day use it wisely with love &amp; kindness</i>
Day 231	8/19	<i>choose easier instead of harder with life</i>
Day 232	8/20	<i>life is so wonderful - see positive not negative</i>
Day 233	8/21	<i>you're a product of your thoughts be positive</i>
Day 234	8/22	<i>listen to a friend they need more than you know</i>
Day 235	8/23	<i>be the light that outshines any darkness</i>
Day 236	8/24	<i>spend time with someone who needs some love today</i>
Day 237	8/25	<i>laugh today it's the best medicine</i>
Day 238	8/26	<i>reach out to your loved ones life is so short</i>
Day 239	8/27	<i>happy birthday beloved</i>
Day 240	8/28	<i>patience with your body &amp; mind is the way to find peace</i>
Day 241	8/29	<i>when you disturb other you disturb yourself</i>
Day 242	8/30	<i>exercise your mind with good positive thoughts</i>
Day 243	8/31	<i>be patient the truth will always be revealed in time</i>
Day 244	9/1	<i>love everyday like a holiday it's a gift</i>
Day 245	9/2	<i>bring love everywhere and it will be fabulous</i>
Day 246	9/3	<i>breathe deeply and find calm clarity &amp; peace</i>
Day 247	9/4	<i>take time today to notice something beautiful</i>
Day 248	9/5	<i>sing a song today to bring joy to your heart</i>
Day 249	9/6	<i>practice compassion &amp; love for all beings</i>
Day 250	9/7	<i>being kind is cool</i>
Day 251	9/8	<i>plant something beautiful with your knowledge</i>
Day 252	9/9	<i>today's gift is love embrace it</i>
Day 253	9/10	<i>make the best out of every situation</i>
Day 254	9/11	<i>be happy it's your choice</i>
Day 255	9/12	<i>find comfort in faith in what's good</i>
Day 256	9/13	<i>you control your thoughts think positive</i>
Day 257	9/14	<i>change the world with kindness &amp; love</i>
Day 258	9/15	<i>get up every day and do your best that's all you need to do</i>
Day 259	9/16	<i>kindness begins with yourself</i>
Day 260	9/17	<i>take time to notice beauty in nature</i>
Day 261	9/18	<i>love all beings with kindness &amp; respect</i>
Day 262	9/19	<i>see positive instead of negative to find peace</i>
Day 263	9/20	<i>self care is the best healthcare</i>
Day 264	9/21	<i>spend some time today taking care of yourself</i>
Day 265	9/22	<i>helping people with small gestures brings big results</i>
Day 266	9/23	<i>be happy with what you have</i>
Day 267	9/24	<i>uplift others with kinds words</i>
Day 268	9/25	<i>love can change the world</i>
Day 269	9/26	<i>share your knowledge as it can help others</i>
Day 270	9/27	<i>learn something new everyday</i>
Day 271	9/28	<i>nurture your relationships with unconditional love</i>
Day 272	9/29	<i>listen to your gut it's your best intuition</i>
Day 273	9/30	<i>you are valuable and important</i>
Day 274	10/1	<i>spend a little time each day in silence quieting the mind</i>
Day 275	10/2	<i>today is a new day to be great happy &amp; free</i>

Day 276	10/3	<i>be your friend not an enemy</i>
Day 277	10/4	<i>love today don't worry about tomorrow</i>
Day 278	10/5	<i>sing today anything that brings you joy</i>
Day 279	10/6	<i>begin the day in quiet reflection</i>
Day 280	10/7	<i>knowledge is powerful learn something new daily</i>
Day 281	10/8	<i>spend time just concentrating on your healing breath</i>
Day 282	10/9	<i>today will be great keep thinking that way</i>
Day 283	10/10	<i>stop rushing your life away slow down</i>
Day 284	10/11	<i>stop waiting on the right moment it's now</i>
Day 285	10/12	<i>love is easy hate is hard</i>
Day 286	10/13	<i>you control your mind use it for happy thoughts</i>
Day 287	10/14	<i>enjoy today no worries about the past or future</i>
Day 288	10/15	<i>I love you 3 kinds words to tell everyone</i>
Day 289	10/16	<i>your mind can be your friend control it</i>
Day 290	10/17	<i>be kind when cooking it affects the food</i>
Day 291	10/18	<i>be joyful &amp; happy it's your choice</i>
Day 292	10/19	<i>patience is a beautiful practice</i>
Day 293	10/20	<i>love yourself you're incredibly important</i>
Day 294	10/21	<i>peace begins with love</i>
Day 295	10/22	<i>experience brings strength &amp; fortitude</i>
Day 296	10/23	<i>avoid drama embrace peace</i>
Day 297	10/24	<i>spend 5 minutes deep breathing &amp; calm will come</i>
Day 298	10/25	<i>think about joy today no worries about tomorrow</i>
Day 299	10/26	<i>it's ok to gift yourself a day of self care</i>
Day 300	10/27	<i>it's a new day go have fun!</i>
Day 301	10/28	<i>go admire treasures in nature to find peace</i>
Day 302	10/29	<i>bring love from your heart everywhere</i>
Day 303	10/30	<i>help feed people it's one of the greatest gifts</i>
Day 304	10/31	<i>nothing is spooky when you have faith</i>
Day 305	11/1	<i>it's a great day for peace &amp; love</i>
Day 306	11/2	<i>enjoy today it's the perfect gift</i>
Day 307	11/3	<i>patience, a hard but necessary practice</i>
Day 308	11/4	<i>love in a way that's unforgettable</i>
Day 309	11/5	<i>engage in compassion for all beings</i>
Day 310	11/6	<i>discover &amp; enjoy new beauty from something old</i>
Day 311	11/7	<i>be happy today it's your choice</i>
Day 312	11/8	<i>today do something nice for others &amp; yourself</i>
Day 313	11/9	<i>think positive today</i>
Day 314	11/10	<i>it's time to fulfill your dreams</i>
Day 315	11/11	<i>life is such a precious gift</i>
Day 316	11/12	<i>gratitude starts with simple things</i>
Day 317	11/13	<i>never forget you are extremely important</i>
Day 318	11/14	<i>spend time with someone you love life is so short</i>
Day 319	11/15	<i>just think about today it's a gift</i>
Day 320	11/16	<i>wake up with a smile it sets your day</i>
Day 321	11/17	<i>spend precious time with your loved ones</i>
Day 322	11/18	<i>feeding people is the best offering</i>
Day 323	11/19	<i>helping others feel loved &amp; safe is beautiful</i>
Day 324	11/20	<i>we should comfort people not put them in fear</i>
Day 325	11/21	<i>love begins with yourself</i>
Day 326	11/22	<i>dreams can become reality with focus &amp; fortitude</i>
Day 327	11/23	<i>nurture your community with love not hate</i>
Day 328	11/24	<i>change your perspective to see the positive</i>
Day 329	11/25	<i>gather your thoughts before speaking be kind</i>
Day 330	11/26	<i>eat slowly appreciating nourishment</i>
Day 331	11/27	<i>gratitude is a beautiful daily practice</i>
Day 332	11/28	<i>love all serve all</i>
Day 333	11/29	<i>freedom starts in the mind</i>
Day 334	11/30	<i>be kind it's more effective</i>
Day 335	12/1	<i>it's a new day make it spectacular</i>
Day 336	12/2	<i>believe in what's good it's all about perspective</i>
Day 337	12/3	<i>when you slow down you find peace &amp; calm</i>
Day 338	12/4	<i>warmth begins in your heart with kindness</i>
Day 339	12/5	<i>never let anyone steal your joy</i>
Day 340	12/6	<i>enjoy the gift of today forget yesterday</i>
Day 341	12/7	<i>find something new in nature &amp; admire its beauty</i>
Day 342	12/8	<i>unconditional love is pure joy &amp; happiness</i>
Day 343	12/9	<i>enjoy laughter it's great medicine</i>
Day 344	12/10	<i>go outside breathe in Mother Nature's healing</i>

<i>Day 345</i>	<i>12/11</i>	<i>kindness is the greatest gift</i>
<i>Day 346</i>	<i>12/12</i>	<i>learn something new everyday</i>
<i>Day 347</i>	<i>12/13</i>	<i>nurture your community with love &amp; TLC</i>
<i>Day 348</i>	<i>12/14</i>	<i>beauty is within even when the outside fades</i>
<i>Day 349</i>	<i>12/15</i>	<i>let love be your choice not hate</i>
<i>Day 350</i>	<i>12/16</i>	<i>enjoy life one day at a time</i>
<i>Day 351</i>	<i>12/17</i>	<i>your breath is your greatest healing tool just breathe</i>
<i>Day 352</i>	<i>12/18</i>	<i>there's peace in your heart spend time there</i>
<i>Day 353</i>	<i>12/19</i>	<i>it's a new day embrace it enjoy it love it</i>
<i>Day 354</i>	<i>12/20</i>	<i>every life matters love all beings</i>
<i>Day 355</i>	<i>12/21</i>	<i>compassion is a beautiful offering</i>
<i>Day 356</i>	<i>12/22</i>	<i>kindness can go a long way</i>
<i>Day 357</i>	<i>12/23</i>	<i>today choose to be positve push away negativity</i>
<i>Day 358</i>	<i>12/24</i>	<i>believe in peace practice peace be at peace</i>
<i>Day 359</i>	<i>12/25</i>	<i>embrace the Christmas peace where the world is quiet</i>
<i>Day 360</i>	<i>12/26</i>	<i>immerse yourself in love it will bring you peace</i>
<i>Day 361</i>	<i>12/27</i>	<i>remain steady in all things</i>
<i>Day 362</i>	<i>12/28</i>	<i>be ready for all battles with faith fortitude &amp; no fear</i>
<i>Day 363</i>	<i>12/29</i>	<i>prepare for the day by being positive &amp; joyful</i>
<i>Day 364</i>	<i>12/30</i>	<i>be strong everyday for others &amp; yourself</i>
<i>Day 365</i>	<i>12/31</i>	<i>end the year with no regrets starting 2026 ready</i>