COSMIC ATMAN · FREE RESOURCES

Calendar 2026

A kind thought for every month

Twelve thoughts about patience, attention and the small things that matter. Put the calendar where you see it in the morning, and let the month's thought keep you company.

Cosmic Atman

January

2026

“A journey of a thousand miles begins with a single step.”

— Lao Tzu, Tao Te Ching

MO	TU	WE	TH	FR	SA	SU
			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	

MY INTENTION FOR JANUARY

Cosmic Atman

February

2026

"In the midst of winter, I found there was, within me, an invincible summer."

— Albert Camus

MO	TU	WE	TH	FR	SA	SU
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

MY INTENTION FOR FEBRUARY

Cosmic Atman

March

2026

> *“As long as you live, keep learning how to live.”*
>
> — Seneca

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MY INTENTION FOR MARCH

Cosmic Atman

April

2026

> *"People are disturbed not by things, but by the views they take of them."*
>
> — Epictetus

MO	TU	WE	TH	FR	SA	SU
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MY INTENTION FOR APRIL

Cosmic Atman

May

2026

> *“Very little is needed to make a happy life.”*
>
> — Marcus Aurelius

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

MY INTENTION FOR MAY

Cosmic Atman

June

2026

> *"That man is the richest whose pleasures are the cheapest."*
>
> — Henry David Thoreau

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22	23	24	25	26	27	28
29	30					

MY INTENTION FOR JUNE

Cosmic Atman

July

2026

“Attention is the beginning of devotion.”

— Mary Oliver

MO	TU	WE	TH	FR	SA	SU
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20	21	22	23	24	25	26
27	28	29	30	31		

MY INTENTION FOR JULY

Cosmic Atman

August

2026

> *"It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult."*
>
> — Seneca

MO	TU	WE	TH	FR	SA	SU
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MY INTENTION FOR AUGUST

Cosmic Atman

September

2026

> *"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor."*
>
> — Thich Nhat Hanh

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21	22	23	24	25	26	27
28	29	30				

MY INTENTION FOR SEPTEMBER

Cosmic Atman

October

2026

> *“He who has a why to live can bear almost any how.”*
>
> — Friedrich Nietzsche

MO	TU	WE	TH	FR	SA	SU
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MY INTENTION FOR OCTOBER

Cosmic Atman

November

2026

> *"How wonderful it is that nobody need wait a single moment before starting to improve the world."*
>
> — Anne Frank

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
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MY INTENTION FOR NOVEMBER

Cosmic Atman

December

2026

> *"The happiness of your life depends upon the quality of your thoughts."*
>
> — Marcus Aurelius

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MY INTENTION FOR DECEMBER