

2024

Embark on Your Wellness Journey with Mogami (最上) -
Discover Utmost (最上) Health & Inner Peace

Intention January (志): Shape 2024 on your own terms.

Ikigai February (生き甲斐): Embark on your purpose-driven journey.

Embodiment March (響): Find your alignment with your mind-body-soul.

Affirmation April (言霊): Bring your intention to life through self-affirmations.

Mindful May (空): Create mindfulness habits to practice the power of presence.

Active June (動): Enjoy the power of daily movement.

Wabi-sabi July (侘び寂び): Let go of perfection, permanence and completion.

Forest-bathing August (森林浴): Rejuvenate your body & soul with nature.

Soulful September (心): Fuel your soul (kokoro) care.

Evolving October (進化): Embrace change & growth as you evolve into your best self.

Nourishment November (元気): Focus on habits and rituals that give you energy.

Celebration December (平常心): Celebrate 2024 through thoughtful reflection.

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into your everyday life.

How to Make 2024 Count with Mogami's calendar

YOUR REFERENCE GUIDE

Your 2024 Kakizome Intention

- Kakizome (書き初め) is the Japanese calligraphy tradition of writing your first calligraphy piece of the year with your personal intention for the year ahead. What word, concept, or phrase resonates when you envision your 2024? Writing down your 2024 Kakizome intention is the first step to bringing it to reality.

At the beginning of each month

- Define what each month's theme means to you.
- Connect the month's theme with your 2024 Kakizome intention*.
- Outline 3 action items that you can incorporate into your lifestyle to align with this theme.
- Share your 3 items with the Mogami community.

At the end of each month

- Evaluate whether you were able to meet your three action items.
- Reflect on how each item served you and how it made you feel.
- Identify which action item served you best in terms of your personal well-being.

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Monthly Wellness Diary

2024 KAKIZOME INTENTION:

MONTHLY THEME DEFINED:

3 LIFESTYLE ALIGNMENT GOALS:

01	
02	
03	

MONTH-END REFLECTION: HOW DID EACH GOAL SERVE YOUR MONTHLY THEME?

01	
02	
03	

WHICH ALIGNMENT GOAL BEST SERVED YOU & WHY?

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Intention 志 January

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				

Ikigai 生き甲斐 February

MO	TU	WE	TH	FR	SA	SU
29	30	31	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			

Embodiment 響 March

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	

Affirmation 言霊 April

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					

Mindful 空 May

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			

Active 動 June

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	

Wabi-sabi 侘び寂び July

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				

Forest-bathing 森林浴 August

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		

Soulful 心 September

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							

Evolving 進化 October

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			

Nourishment 元氣 November

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		

Celebration 平常心 December

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						

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