

ACTION CALENDAR

Mindful March 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Start today by appreciating you're alive and have a body	2 Stay fully present while drinking your cup of tea or coffee	3 Every hour simply take three calm breaths in and out	4 Eat mindfully, appreciate the taste, texture, and smell of your food	5 Listen to how you speak to yourself. Try to use kind words	6 Look around and spot 3 things you find unusual or pleasant
7 Get outside and notice five things that are beautiful	8 Cultivate a feeling of loving-kindness towards others today	9 When someone is speaking, take a full breath before you reply	10 Feel the cool of a breeze or the warmth of the sun on your face	11 Stop, breath and just notice. Repeat regularly during the day	12 Enjoy doing any chores or tasks more mindfully today	13 Take an unusual route and notice what looks different
14 Listen to a piece of music without doing anything else	15 No plans day. Slow down and let spontaneity take over	16 Do something creative that absorbs your attention	17 Listen deeply to someone and really hear what they are saying	18 As you walk, notice the sound of each step and how it feels	19 Notice when you're tired and take a break as soon as possible	20 International Day of Happiness! Focus on what makes you happy
21 Make a list of amazing things that you take for granted	22 Have a device-free day and enjoy the space it offers	23 Mentally scan down your body and notice what it is feeling	24 Tune in to your feelings, without judging or trying to change	25 If you find yourself rushing, make an effort to slow down	26 Stop work earlier and use the time to be still and relax	27 Stop to just watch the sky or clouds for ten minutes today
28 Bring to mind all the people you love and care about	29 Go nature spotting today. Even in a city, life is all around	30 Notice the joy to be found in the simple things of life	31 Appreciate your hands and all the things they enable you to do	"When we get too caught up in the busyness of the world, we lose connection with one another – and ourselves." – Jack Kornfield		