



ACTION CALENDAR: MINDFUL MARCH 2021





MONDAY

Set an

and kindness

Appreciate the

taste, texture &

8 Eat mindfully.

intention to live with awareness

- smell of your food
- 15 Stop, breathe and just notice. Repeat regularly during the day
- 22 Walk a today and see what you notice
- 29 Notice what is working today and be thankful that this is so

TUESDAY

- 2 Notice five things that are beautiful in the world outside
- Take a full breath in and out before you reply to others
- **16** Get really absorbed with an interesting or creative activity
- 23 Tune in to your feelings, without judging or trying to change
- **30** Mentally scan down your body and notice what it is feeling

WEDNESDAY

- 3 Start today by appreciating your body and that you're alive
- 10 Get outside and notice how the weather feels
- 17 Look around and spot 3 things you find unusual or pleasant
- **24** Appreciate your hands and all the things they enable you to do
- 31 Notice the iov to be found in the simple things of life

THURSDAY

- Notice how you speak to yourself. Try to use kind words
- 11 Stay fully present while drinking your cup of tea or coffee
- **18** If you find yourself rushing, make an effort to slow down
- 25 Focus your attention on the good things you take for granted

FRIDAY

- Take three calm breaths at regular intervals during your day
- 12 Listen deeply to someone and really hear what they are saying
- **19** Cultivate a feeling of lovingkindness towards others today
- **26** Notice when vou're tired and take a break as soon as possible

SATURDAY

- Bring to mind people you care about and send love to them
- 13 Pause to just watch the sky or clouds for a few minutes today
- 20 Celebrate the International Day of Happiness dayofhappiness.net
- 27 Have a device-free day and enjoy the space it offers

SUNDAY

- Have a 'no plans' day and notice how that feels
- 14 Find ways to enjoy any chores or tasks that need doing
- 21 Listen to a piece of music without doing anything else
- **28** Appreciate nature around you, wherever vou are

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn















www.actionforhappiness.org

Happier · Kinder · Together