



ACTION CALENDAR: MINDFUL MARCH 2020



SUNDAY

1 Set an intention to live with awareness and kindness

8 No plans day. Slow down and let spontaneity take over

15 Stop to just watch the sky or clouds for ten minutes today

22 Have a device-free day and enjoy the space it offers

29 Appreciate your hands and all the things they enable you to do

MONDAY

2 Get outside and notice five things that are beautiful

9 When someone is speaking, take a full breath before you reply

16 Do something creative that absorbs your attention

23 Take an unusual route and notice what looks different

30 Mentally scan down your body and notice what it is feeling

TUESDAY

3 Cultivate a feeling of loving-kindness towards others today

10 Stay fully present while drinking your cup of tea or coffee

17 Look around and spot 3 things you find unusual or pleasant

24 Notice when you're tired and take a break as soon as possible

31 Go nature spotting today. Even in a city, life is all around

WEDNESDAY

4 Start today by appreciating that you're alive and have a body

11 Notice how you speak to yourself. Try to use kind words

18 If you find yourself rushing, make an effort to slow down

25 Make a list of amazing things that you take for granted

THURSDAY

5 Every hour simply take three calm breaths in and out

12 Feel the cool of a breeze or warmth of the sun on your face

19 Listen deeply to someone and really hear what they are saying

26 Tune in to your feelings, without judging or trying to change

FRIDAY

6 Eat mindfully. Appreciate the taste, texture & smell of your food

13 Stop, breathe and just notice. Repeat regularly during the day

20 Happy International Day of Happiness! dayofhappiness.net

27 Stop work earlier and use the time to be still and relax

SATURDAY

7 Listen to a piece of music without doing anything else

14 Enjoy doing any chores or tasks more mindfully today

21 Notice the joy to be found in the simple things of life

28 Bring to mind all the people you love and care about

"Mindfulness means being awake. It means knowing what you are doing" - Jon Kabat-Zinn



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