



ACTION CALENDAR: MINDFUL MARCH 2018





MONDAY

TUFSDAY

"The little things? The little moments?

They aren't little" - Jon Kabat-Zinn

WFDNFSDAY

THURSDAY

Start today

by appreciating

that you're alive

and have a body

Appreciate

your hands and

all the things they

enable you to do

and notice five

things that are

beautiful

unusual route

and notice what

looks different

15 Get outside

22 Take an

2 When someone

FRIDAY

is speaking, take a full breath before you reply

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

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

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

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

SATURDAY

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

Have a

10 Listen to a piece of music without doing anything else

device-free day creative that and enjoy the absorbs your space it offers

> Put devices away and really focus on who vou're with

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

12 Cultivate a

feeling of loving-

kindness towards

others today

19 Listen deeply

26 Tune in to

to someone and

really notice their face and hands

your feelings,

without judging or

trying to change

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

Stop, breathe

and just notice.

Repeat regularly

during the day

20 International

Day of Happiness!

Focus on what

makes you happy

notice the sound

of each step and

how it feels

27 As you walk,

Look around and spot 3 things you find unusual or pleasant

14 Enjoy doing any chores or tasks more mindfully today

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

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

Listen to how you speak to yourself. Try to use kind words

31 Every hour simply take three calm breaths in and out

24 Make a list

of amazing things

that you take

for granted

SUNDAY

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

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

18 Do something













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