



ACTION CALENDAR: MINDFUL MARCH 2018



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"The little things? The little moments?
They aren't little" - Jon Kabat-Zinn**

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

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

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

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

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

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

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

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

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

10 Listen to a piece of music without doing anything else

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

12 Cultivate a feeling of loving-kindness towards others today

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

14 Enjoy doing any chores or tasks more mindfully today

15 Get outside and notice five things that are beautiful

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

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

18 Do something creative that absorbs your attention

19 Listen deeply to someone and really notice their face and hands

20 International Day of Happiness! Focus on what makes you happy

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

22 Take an unusual route and notice what looks different

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

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

25 Put devices away and really focus on who you're with

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

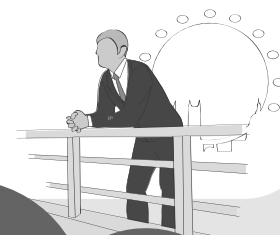
27 As you walk, notice the sound of each step and how it feels

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

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

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

31 Every hour simply take three calm breaths in and out



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