# Action Calendar – Mindful March 2021

## Mindful March - Day 1 Monday

## Set an intention to live with awareness and kindness

## Mindful March - Day 2 Tuesday

## Notice five things that are beautiful in the world outside

## Mindful March - Day 3 Wednesday

## Start today by appreciating your body and that you’re alive

## Mindful March - Day 4 Thursday

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

## Mindful March - Day 5 Friday

## Take three calm breaths at regular intervals during your day

## Mindful March - Day 6 Saturday

## Bring to mind people you care about and send love to them

## Mindful March - Day 7 Sunday

## Have a ‘no plans’ day and notice how that feels

## Mindful March - Day 8 Monday

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

## Mindful March - Day 9 Tuesday

Take a full breath in and out before you reply to others

## Mindful March - Day 10 Wednesday

Get outside and notice how the weather feels on your face

## Mindful March - Day 11 Thursday

Stay fully present while drinking your cup of tea or coffee

## Mindful March - Day 12 Friday

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

## Mindful March - Day 13 Saturday

Pause to just watch the sky or clouds for a few minutes today

## Mindful March - Day 14 Sunday

Find ways to enjoy any chores or tasks that need doing

## Mindful March - Day 15 Monday

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

## Mindful March - Day 16 Tuesday

Get really absorbed with an interesting or creative activity

## Mindful March - Day 17 Wednesday

Look around and spot 3 things you find unusual or pleasant

## Mindful March - Day 18 Thursday

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

## Mindful March - Day 19 Friday

Cultivate a feeling of loving-kindness towards others today

## Mindful March - Day 20 Saturday

Celebrate the International Day of Happiness dayofhappiness.net

## Mindful March - Day 21 Sunday

Listen to a piece of music without doing anything else

## Mindful March - Day 22 Monday

Walk a different route today and see what you notice

## Mindful March - Day 23 Tuesday

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

## Mindful March - Day 24 Wednesday

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

## Mindful March - Day 25 Thursday

Focus your attention on the good things you take for granted

## Mindful March - Day 26 Friday

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

## Mindful March - Day 27 Saturday

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

## Mindful March - Day 28 Sunday

Appreciate nature around you, wherever you are

## Mindful March - Day 29 Monday

Notice what is working today and be thankful that this is so

## Mindful March - Day 30 Tuesday

Mentally scan down your body and notice what it is feeling

## Mindful March - Day 31 Wednesday

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