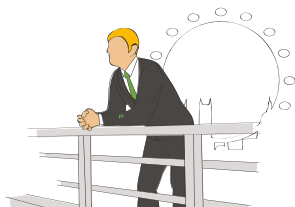




# ACTION CALENDAR: MINDFUL MARCH 2019



## MONDAY



**"The best way to take care of the future is to take care of the present moment" - Thich Nhat Hanh**

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

**4** Stay fully present while drinking your cup of tea or coffee

**5** Every hour simply take three calm breaths in and out

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

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

**8** Look around and spot 3 things you find unusual or pleasant

**9** Listen to a piece of music without doing anything else

**10** No plans day. Slow down and let spontaneity take over

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

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

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

**14** Enjoy doing any chores or tasks more mindfully today

**15** Take an unusual route and notice what looks different

**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 hear what they are saying

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

**23** Bring to mind all the people you love and care about

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

**25** Mentally scan down your body and notice what it is feeling

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

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

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

**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)