



# ACTION CALENDAR: MINDFUL MARCH 2021



## MONDAY

**1** Set an intention to live with awareness and kindness

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

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

**22** Walk a different route today and see what you notice

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

## TUESDAY

**2** Notice five things that are beautiful in the world outside

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

**16** Get really absorbed with an interesting or creative activity

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

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

## WEDNESDAY

**3** Start today by appreciating your body and that you're alive

**10** Get outside and notice how the weather feels on your face

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

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

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

## THURSDAY

**4** Notice how you speak to yourself. Try to use kind words

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

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

**25** Focus your attention on the good things you take for granted

## FRIDAY

**5** Take three calm breaths at regular intervals during your day

**12** Listen deeply to someone and really hear what they are saying

**19** Cultivate a feeling of loving-kindness towards others today

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

## SATURDAY

**6** Bring to mind people you care about and send love to them

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

**20** Celebrate the International Day of Happiness [dayofhappiness.net](http://dayofhappiness.net)

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

## SUNDAY

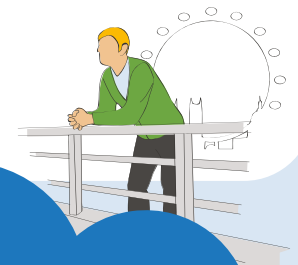
**7** Have a 'no plans' day and notice how that feels

**14** Find ways to enjoy any chores or tasks that need doing

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

**28** Appreciate nature around you, wherever you are

**"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn**



**ACTION FOR HAPPINESS**



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

Learn more about this month's theme at [www.actionforhappiness.org/mindful-march](http://www.actionforhappiness.org/mindful-march)

**Happier · Kinder · Together**