# Action Calendar – Mindful March 2022

## Mindful March - Day 1 Tuesday

Set an intention to live with awareness and kindness

## Mindful March - Day 2 Wednesday

Notice three things you find beautiful in the outside world

## Mindful March - Day 3 Thursday

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

## Mindful March - Day 4 Friday

Notice how you speak to yourself and choose to use kind words

## Mindful March - Day 5 Saturday

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

## Mindful March - Day 6 Sunday

Have a "no plans" day and notice how that feels

## Mindful March - Day 7 Monday

Take three calm breaths at regular intervals during your day

## Mindful March - Day 8 Tuesday

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

## Mindful March - Day 9 Wednesday

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

## Mindful March - Day 10 Thursday

Get outside and notice how the weather feels on your face

## Mindful March - Day 11 Friday

Stay fully present while drinking your cup of tea or coffee

## Mindful March - Day 12 Saturday

Listen deeply to someone and really hear what they are saying

## Mindful March - Day 13 Sunday

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

## Mindful March - Day 14 Monday

Find ways to enjoy any chores or tasks that you do

## Mindful March - Day 15 Tuesday

Stop. Breathe. Notice. Repeat regularly

## Mindful March - Day 16 Wednesday

Get really absorbed with an interesting or creative activity

## Mindful March - Day 17 Thursday

Look around and spot three things you find unusual or pleasant

## Mindful March - Day 18 Friday

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

## Mindful March - Day 19 Saturday

Appreciate nature around you, wherever you are

## Mindful March - Day 20 Sunday

Focus on what makes you and others happy today dayofhappiness.net

## Mindful March - Day 21 Monday

Listen to a piece of music without doing anything else

## Mindful March - Day 22 Tuesday

Notice something that is going well, even if today feels difficult

## Mindful March - Day 23 Wednesday

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

## Mindful March - Day 24 Thursday

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

## Mindful March - Day 25 Friday

Focus your attention on the good things you take for granted

## Mindful March - Day 26 Saturday

Choose to spend less time looking at screens today

## Mindful March - Day 27 Sunday

Cultivate a feeling of loving-kindness towards others today

## Mindful March - Day 28 Monday

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

## Mindful March - Day 29 Tuesday

Choose a different route today and see what you notice

## Mindful March - Day 30 Wednesday

Mentally scan your body and notice what it is feeling

## Mindful March - Day 31 Thursday

Discover the joy in the simple things of life