## Mindful March 2023

### Monday
1. Set an intention to live with awareness and kindness
2. If you find yourself rushing, make an effort to slow down

### Tuesday
3. Notice three things you find beautiful in the outside world
4. Take three calm breaths at regular intervals during your day

### Wednesday
5. Start today by appreciating your body and that you're alive
6. Eat mindfully. Appreciate the taste, texture and smell of your food

### Thursday
7. Notice how you speak to yourself and choose to use kind words
8. Take a full breath in and out before you reply to others

### Friday
9. Get outside and notice how the weather feels on your face
10. Look around and spot three things you find unusual or pleasant

### Saturday
11. Stay fully present while drinking your cup of tea or coffee
12. Have a 'no plans' day and notice how that feels

### Sunday
13. Pause to watch the sky or clouds for a few minutes today
14. Listen deeply to someone and really hear what they are saying

**Reference:**
- [actionforhappiness.net](http://actionforhappiness.net)