

MARCH

SUN

MON

TUE

WED

THU

FRI

SAT

1

Set an intention to live with kindness and awareness

2

Notice 3 things you find beautiful about the outside world

3

Start today by appreciating your body and that you are alive

4

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

5

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

6

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

7

Take 3 calm breaths at regular intervals throughout the day

8

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

9

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

10

Go outside and notice how the weather feels on your face

11

Stay fully present while drinking your cup of tea or coffee

12

Listen deeply to someone and really hear what they are saying

13

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

14

Find ways to enjoy any chores or tasks that you do

15

Stop. Breathe. Notice. Repeat regularly.

16

Get really absorbed in an interesting or creative activity

17

Look around and spot 3 things you find interesting or pleasant

18

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

19

Cultivate a feeling of "loving kindness" towards others today

20

Focus on what makes you and others happy today

21

Listen to a piece of music without doing anything else today

22

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

23

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

24

Appreciate your hands and all things they enable you to do

25

Focus your attention on the good things you take for granted

26

Choose to spend less time looking at screens today

27

Appreciate nature around you, wherever you are

28

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

29

Choose a different route today and see what you notice

30

Mentally scan your body and notice what it is feeling

31

Discover the joy in simple daily activities