# Action Calendar – Mindful March 2023

## Mindful March - Day 1 Wednesday

Set an intention to live with awareness and kindness

## Mindful March - Day 2 Thursday

Notice three things you find beautiful in the outside world

## Mindful March - Day 3 Friday

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

## Mindful March - Day 4 Saturday

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

## Mindful March - Day 5 Sunday

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

## Mindful March - Day 6 Monday

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

## Mindful March - Day 7 Tuesday

Take three calm breaths at regular intervals during your day

## Mindful March - Day 8 Wednesday

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

## Mindful March - Day 9 Thursday

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

## Mindful March - Day 10 Friday

Get outside and notice how the weather feels on your face

## Mindful March - Day 11 Saturday

Stay fully present while drinking your cup of tea or coffee

## Mindful March - Day 12 Sunday

Listen deeply to someone and really hear what they are saying

## Mindful March - Day 13 Monday

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

## Mindful March - Day 14 Tuesday

Find ways to enjoy any chores or tasks that you do

## Mindful March - Day 15 Wednesday

Stop. Breathe. Notice. Repeat regularly

## Mindful March - Day 16 Thursday

Get really absorbed with an interesting or creative activity

## Mindful March - Day 17 Friday

Look around and spot three things you find unusual or pleasant

## Mindful March - Day 18 Saturday

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

## Mindful March - Day 19 Sunday

Cultivate a feeling of loving-kindness towards others today

## Mindful March - Day 20 Monday

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

## Mindful March - Day 21 Tuesday

Listen to a piece of music without doing anything else

## Mindful March - Day 22 Wednesday

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

## Mindful March - Day 23 Thursday

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

## Mindful March - Day 24 Friday

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

## Mindful March - Day 25 Saturday

Focus your attention on the good things you take for granted

## Mindful March - Day 26 Sunday

Choose to spend less time looking at screens today

## Mindful March - Day 27 Monday

Appreciate nature around you, wherever you are

## Mindful March - Day 28 Tuesday

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

## Mindful March - Day 29 Wednesday

Choose a different route today and see what you notice

## Mindful March - Day 30 Thursday

Mentally scan your body and notice what it is feeling

## Mindful March - Day 31 Friday

Discover the joy in the simple things of life