**ACTION CALENDAR: MINDFUL MARCH 2020**

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

**MONDAY**
2. Get outside and notice five things that are beautiful

**TUESDAY**
3. Cultivate a feeling of loving-kindness towards others today

**WEDNESDAY**
4. Start today by appreciating that you’re alive and have a body

**THURSDAY**
5. Every hour simply take three calm breaths in and out

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

**SATURDAY**
7. Listen to a piece of music without doing anything else

**8** No plans day. Slow down and let spontaneity take over

**9** When someone is speaking, take a full breath before you reply

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

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

**12** Feel the cool of a breeze or warmth of the sun on your face

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

**15** Stop to just watch the sky or clouds for ten minutes today

**16** Do something creative that absorbs your attention

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

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

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

**20** Happy International Day of Happiness! dayofhappiness.net

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

**23** Take an unusual route and notice what looks different

**24** Notice when you’re tired and take a break as soon as possible

**25** Make a list of amazing things that you take for granted

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

**27** Stop work earlier and use the time to be still and relax

**28** Bring to mind all the people you love and care about

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

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

**31** Go nature spotting today. Even in a city, life is all around

"Mindfulness means being awake. It means knowing what you are doing" - Jon Kabat-Zinn

**ACTION FOR HAPPINESS**

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)