

3 DIFFERENT VERSIONS OF A 31 DAY CALENDAR

**A NEW MINDNESS
PROMPT EACH DAY OF
THE MONTH TO
HELP FOCUS
YOUR MIND**

Month of Mindfulness MONTH:

1 set a goal for yourself this month	2 at a red light notice your posture, sit up straight, press your feet to the floor, take a deep breath	3 make an effort to only do one thing at a time today	4 mindfully tend to your garden or plants	5 listen to your body, notice the hunger or notice, p	6 practice pausing	7 sit outside and notice the taste, texture and smell of your food
8 practise generosity today - give someone a compliment	9 silently express gratitude for simple pleasures and privileges in your life	10 notice the stress creel - actively relax your shoulders, take deep breaths	11 take 10 minutes out to stretch your body	12 have a 1 minute pause		
15 give yourself a compliment	16 write a list of 5 things you are grateful for	17 get outside and go for a walk	18 declutter your workspace or drawer	19 when stressed around things you hear and see		
22 spread generosity, either by donating, volunteering or spreading awareness	23 draw, colour or be creative to help you destress	24 take the time to truly listen to someone	25 put time aside to simply relax today	26 write a things y for		
29 set reminders to stand, stretch and refocus each hour	30 eat mindfully - notice the taste, texture and smell of what you eat	31 reflect on something that you did well this month		<i>Mindful oursel</i>		

Month of Mindfulness MONTH:

1 spend time to quietly be still by yourself	2 practise self awareness - acknowledge your feelings today	3 draw, colour or be creative to help you distress today	4 give someone a compliment today	5 make a list of things that went well today	6 make an effort to fully take in your environment today	7 take a minute to focus on your heartbeat
8 focus on all your senses whilst having your morning coffee	9 practise 4-7-8 breathing; inhale for 4 counts, hold for 7 and exhale for 8	10 Give someone you love a 3-breath-long hug	11 go for a walk and leave your phone at home	12 when cooking focus on the sights, smells and texture	13 note down 3 things you are grateful for today	14 do 10 minutes of yoga today
15 take a walk and pay attention to the sights and smells around you	16 reflect and journal about the best part of your day	17 pamper yourself, do something to treat yourself today	18 relax in your waiting times without looking at your phone	19 take time the pur of it		
22 give yourself a compliment	23 write down all your worries and throw them away	24 think of every experience today as a gift	25 reflect on your biggest accomplishment this year and congratulate yourself	26 write a things y for		
29 make time to unwind before bed	30 regularly check in with your body, see where you're holding tension in your muscles and relax	31 reflect on the last month and repeat something that made you feel good		<i>Everyth</i>		

Month of Mindfulness MONTH:

1 go for a walk and appreciate the nature around you	2 list 5 things you are grateful for	3 practise yoga for 10 minutes	4 notice 5 beautiful things outside	5 Eat mindfully - notice the taste, texture and smell of your food	6 notice what is going well today and be thankful	7 notice how you speak to yourself today - use kind words
8 take 3 deep, calm breaths at regular intervals today	9 enjoy a device-free day	10 pause and watch the sky and clouds for a few minutes	11 think of 2 people you care for and send them some love	12 listen to a piece of music whilst doing nothing else	13 appreciate the nature around you, wherever you are	14 find ways to enjoy any chores or tasks you need to do today
15 have a soak in the bath to help clear your mind	16 declutter your desk or workspace	17 remind yourself that thoughts aren't facts, focus on what is happening around you	18 watch a relaxing movie and completely immerse yourself	19 download and try a mindfulness app such as Calm and	20 set reminders to stand, stretch and refocus each hour	21 take time to wind down before bed
22 rest by the window sill and watch the world go by for 5 minutes	23 plan in some time to do something pleasant today	24 listen to music and dance whilst you wait for the kettle to boil	25 take the time to truly listen to another person	26 have your lunch break away from your desk	27 take 5 minutes to stretch every part of your body	28 take the time to notice the scents and smells around you today
29 look around you and name 3 things you see, 2 things you hear and 1 you feel	30 set 10 minutes aside to set your intentions for the day	31 do a piece of life admin that will help clear your to-do list	<i>The present is filled with joy and happiness. If you are attentive you will see it.</i>			

**EACH MONTH WITH A
NEW MINDFULNESS
QUOTE TO KEEP IN MIND**