SATURDAY SUNDAY MONDAY TUESDAY Mindful March 2025 Notice how Set an Notice three Start today you speak to intention to live things you find yourself and with awareness beautiful in the your body and choose to use and kindness outside world that you're alive kind words Eat Stay fully Take a full mindfully. Get outside and Appreciate the breath in and notice how the drinking your out before you taste, texture weather feels cup of tea and smell of reply to others on your face or coffee your food Look around Have a Get really and spot three 'no plans' day absorbed with things you and notice how an interesting or find unusual that feels creative activity or pleasant Notice Focus your Tune into your Appreciate your something that attention on the hands and all is going well, good things you udging or trying the things they even if today to change them enable you to do take for granted feels difficult Choose a Mentally scan different route your body and

notice what it

is feeling

WEDNESDAY THURSDAY FRIDAY Bring to If you find Take three mind people yourself rushing, calm breaths at you care about make an effort and send love to slow down during your day to them Listen deeply Pause to Find ways to someone and watch the sky or to enjoy any really hear what clouds for a few chores or tasks they are saying that you do minutes today Focus on Listen to a a feeling of what makes piece of music you and others without doing towards others happy today anything else

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



Choose to

spend less time

looking at

screens today







today and see

what you notice