"The best way to take care of the future is to take care of the present moment" - Thich Nhat Hanh

4 Stay fully present while drinking your cup of tea or coffee
5 Every hour simply take three calm breaths in and out
6 Eat mindfully. Appreciate the taste, texture & smell of your food
7 Listen to how you speak to yourself. Try to use kind words
8 Look around and spot 3 things you find unusual or pleasant
9 Listen to a piece of music without doing anything else
10 No plans day. Slow down and let spontaneity take over

11 When someone is speaking, take a full breath before you reply
12 Feel the cool of a breeze or the warmth of the sun on your face
13 Stop, breathe and just notice. Repeat regularly during the day
14 Enjoy doing any chores or tasks more mindfully today
15 Take an unusual route and notice what looks different
16 If you find yourself rushing, make an effort to slow down
17 Have a device-free day and enjoy the space it offers

18 Do something creative that absorbs your attention
19 Listen deeply to someone and really hear what they are saying
20 International Day of Happiness! Focus on what makes you happy
21 Notice when you’re tired and take a break as soon as possible
22 Stop to just watch the sky or clouds for ten minutes today
23 Bring to mind all the people you love and care about
24 Make a list of amazing things that you take for granted

25 Mentally scan down your body and notice what it is feeling
26 Tune in to your feelings, without judging or trying to change
27 As you walk, notice the sound of each step and how it feels
28 Stop work earlier and use the time to be still and relax
29 Appreciate your hands and all the things they enable you to do
30 Notice the joy to be found in the simple things of life
31 Go nature spotting today. Even in a city, life is all around