<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Set an intention to live with awareness and kindness</td>
<td>2. Notice five things that are beautiful in the world outside</td>
<td>3. Start today by appreciating your body and that you’re alive</td>
<td>4. Notice how you speak to yourself. Try to use kind words</td>
<td>5. Take three calm breaths at regular intervals during your day</td>
<td>6. Bring to mind people you care about and send love to them</td>
<td>7. Have a ‘no plans’ day and notice how that feels</td>
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<tr>
<td>8. Eat mindfully. Appreciate the taste, texture &amp; smell of your food</td>
<td>9. Take a full breath in and out before you reply to others</td>
<td>10. Get outside and notice how the weather feels on your face</td>
<td>11. Stay fully present while drinking your cup of tea or coffee</td>
<td>12. Listen deeply to someone and really hear what they are saying</td>
<td>13. Pause to just watch the sky or clouds for a few minutes today</td>
<td>14. Find ways to enjoy any chores or tasks that need doing</td>
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<td>15. Stop, breathe and just notice. Repeat regularly during the day</td>
<td>16. Get really absorbed with an interesting or creative activity</td>
<td>17. Look around and spot 3 things you find unusual or pleasant</td>
<td>18. If you find yourself rushing, make an effort to slow down</td>
<td>19. Cultivate a feeling of loving-kindness towards others today</td>
<td>20. Celebrate the International Day of Happiness</td>
<td>21. Listen to a piece of music without doing anything else</td>
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<td>22. Walk a different route today and see what you notice</td>
<td>23. Tune in to your feelings, without judging or trying to change</td>
<td>24. Appreciate your hands and all the things they enable you to do</td>
<td>25. Focus your attention on the good things you take for granted</td>
<td>26. Notice when you’re tired and take a break as soon as possible</td>
<td>27. Have a device-free day and enjoy the space it offers</td>
<td>28. Appreciate nature around you, wherever you are</td>
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<tr>
<td>29. Notice what is working today and be thankful that this is so</td>
<td>30. Mentally scan down your body and notice what it is feeling</td>
<td>31. Notice the joy to be found in the simple things of life</td>
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</tbody>
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"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn