

March Mindfulness

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
					1 Start your day with a mindful breath, & intentions for this month	2 Notice the sensations of each step as you walk mindfully	<p><i>Mindful March</i> <i>Making your best life!</i></p>
3 Take a moment to savor your morning beverage with all your senses	4 Pause and appreciate the beauty of small details of nature around you	5 Practice gratitude by listing three things you're thankful for today	6 Prioritize self-care by indulging in a mindful shower or bath	7 Practice mindful eating, savoring each bite and noticing flavors and textures	8 Take a few minutes to meditate, focus on your breath to calm the mind	9 Unplug from technology for an hour and engage in other activities mindfully	
10 Connect with loved ones mindfully, giving them your full attention	11 Notice tension in your body & practice gentle stretches to release it	12 Cultivate compassion by sending kind thoughts to yourself & others	13 Bring mindfulness to your work by taking short, intentional breaks	14 Take a mindful walk in your neighborhood, observe surroundings with curiosity	15 Practice acceptance of the present moment, let go of resistance	16 Journal about your thoughts & feelings, observing them without judgment	
17 Engage in a hobby or activity you love, fully immerse yourself in the experience	18 Bring mindfulness to your chores, focusing on each movement & sensation	19 Notice your breath during moments of stress, using it as an anchor to stay grounded	 20 Cultivate mindfulness in communication by speaking & listening with intention	21 Practice loving-kindness meditation, extending well wishes to yourself & others	22 Listen to music mindfully, allowing yourself to be fully present with the sounds	23 Spend time in nature, appreciating the interconnectedness of all living beings	
24 Take a digital detox evening, focusing on calm activities and connection	25 Practice progressive muscle relaxation to release tension from head to toe	26 Mindfully declutter a small area of your living space, appreciating simplicity	27 Practice mindful breathing before bed to promote relaxation & restful sleep	28 Cultivate awareness of your emotions, allowing yourself to feel without judgment	29 Bring mindfulness to your dreams by setting an intention before sleep	30 Reflect on your day with kindness, acknowledging moments of mindfulness	
31 Celebrate your commitment to mindfulness this month, set intentions for continued practice							

Making it easy to be mindful in 10 minutes a day!

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