

March Mindfulness 2025

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

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

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