

WEEK #1

Mindful March

Tuesday
March 3

Pay a stranger a compliment or take time to smile and say hello to your neighbours.

Wednesday
March 4

Be conscious of your inner voice. If you think something negative, reframe the thought to a positive.

Thursday
March 5

Body Scan. Start at your toes and slowly move up to your head, noticing how each body part feels.

Friday
March 6

Make chores relaxing. Don't rush or resent the chore, instead appreciate cleanliness and order.

Saturday
March 7

Go for a Mindful Walk. Notice sounds, sights, sensations. Connect with the rhythm of your body.

Sunday
March 8

Go device free. Switch your phone and computer off and enjoy time away from screens.

Monday
March 9

Eat mindfully, appreciating the colours, smells, textures and flavours as you chew each mouthful.

Thoughts
