



# ACTION CALENDAR: MINDFUL MARCH 2020



## SUNDAY

1 Set an intention to live with awareness and kindness

8 No plans day. Slow down and let spontaneity take over

15 Stop to just watch the sky or clouds for ten minutes today

22 Have a device-free day and enjoy the space it offers

29 Appreciate your hands and all the things they enable you to do

## MONDAY

2 Get outside and notice five things that are beautiful

9 When someone is speaking, take a full breath before you reply

16 Do something creative that absorbs your attention

23 Take an unusual route and notice what looks different

30 Mentally scan down your body and notice what it is feeling

## TUESDAY

3 Cultivate a feeling of loving-kindness towards others today

10 Stay fully present while drinking your cup of tea or coffee

17 Look around and spot 3 things you find unusual or pleasant

24 Notice when you're tired and take a break as soon as possible

31 Go nature spotting today. Even in a city, life is all around

## WEDNESDAY

4 Start today by appreciating that you're alive and have a body

11 Notice how you speak to yourself. Try to use kind words

18 If you find yourself rushing, make an effort to slow down

25 Make a list of amazing things that you take for granted

## THURSDAY

5 Every hour simply take three calm breaths in and out

12 Feel the cool of a breeze or warmth of the sun on your face

19 Listen deeply to someone and really hear what they are saying

26 Tune in to your feelings, without judging or trying to change

## FRIDAY

6 Eat mindfully. Appreciate the taste, texture & smell of your food

13 Stop, breathe and just notice. Repeat regularly during the day

20 Happy International Day of Happiness! [dayofhappiness.net](http://dayofhappiness.net)

27 Stop work earlier and use the time to be still and relax

## SATURDAY

7 Listen to a piece of music without doing anything else

14 Enjoy doing any chores or tasks more mindfully today

21 Notice the joy to be found in the simple things of life

28 Bring to mind all the people you love and care about

"Mindfulness means being awake. It means knowing what you are doing" - Jon Kabat-Zinn



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[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)



# 行动日历：正念的三月2020



星期天	星期一	星期二	星期三	星期四	星期五	星期六
1 有意识地带着关注、善良地生活	2 到户外去，注意到五件美好的事物	3 培养对他人的善意的关爱之情	4 感激自己活着并拥有一个身体，以此开始新的一天	5 每一个小时平静地呼吸三次	6 专注地吃，欣赏食物的口味、质感和味道	7 专心听一曲音乐，不做其它的事
8 没有计划的一天，慢下来，自然而然	9 别人说话时，做一次深呼吸再给出你的回复	10 全神贯注地喝一杯茶或咖啡	11 注意你是怎样和自己说话的，试着使用友善的词语	12 感受微风的清凉和脸上阳光的温度	13 停下来，呼吸和观察。一天中有规律地重复	14 今天享受更专注地做事的感觉，无论是工作或琐事
15 停下来，拿出十分钟观着天空或云朵	16 做些有创意的、能让你全神贯注的事	17 看看周围，找出三件你觉得不寻常或令人愉悦的事	18 如果你发现自己很匆忙，努力慢下来	19 认真聆听他人，真正听到他们在说什么	20 国际快乐日，祝愉快！ dayofhappiness.net	21 在生活中的平凡事物上发现乐趣
22 今天不使用电子设备，享受由此带来的空间	23 走一条不一样的路，注意看起来不一样的事物	24 当感到累了，尽快休息一下	25 列一个表，写下你本来认为理所当然而实则奇妙的事	26 收听你的感觉，不作评价，不试图改变	27 早点下班，用这个时间安静休息	28 想想所有你爱的和关心的人
29 感谢你的双手，感恩它们让你能够去做的所有的事	30 用意念从上到下扫描你的身体，注意它的感觉	31 今天去发现自然。即使身在城市，身边也充满了生命	<p>“正念意味着警醒，意味着清楚你正在做什么。” ——乔·卡巴·金</p> 			

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