

# DECEMBER

## Self-Compassion & Happiness

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

If you have found your way to mindfulness and would like to feel part of a community of mindfulness practitioners, then you could join our membership for just £10 for a 6-month trial period. We offer two free online members retreat weekends per year, a weekly newsletter, fortnightly teachings, discounts and access to our teaching and practice archives.

Email us on [membership@mindfulnessassociation.net](mailto:membership@mindfulnessassociation.net) if you'd like to sign up!  
To receive our monthly newsletter email us on [info@mindfulnessassociation.net](mailto:info@mindfulnessassociation.net).

Join Us!

come in from the cold

FREE GUIDED MEDITATIONS

10.30am & 7pm

Online ~ Monday ~ Friday

Find the link on our homepage



Mindfulness Association

5

How can you be **kind** to yourself today?

6

Reflect on 3 people you are **grateful** to have in your life.

7

Do something now which makes you **smile** with your eyes.

8

Take a moment to **pause** and feel the ground supporting you unconditionally.

9

What is difficult today? Can a friend help you? If so, connect with them.

10

When times are tough, remember that being human is a messy business and just allow yourself to be a **compassionate** mess.

11

When you feel a difficult emotion, such as anger, sadness or fear, remember this is normal for humans.

12

Reflect on three things you **appreciate** in your life. How does this feel?

13

Look up at the sky, feel the vastness, **wonder** at the universe - open to this moment.

14

Give your hands a **kindly** massage, paying attention to the movement of sensation as you do this.

15

When you notice a challenge, can you drop the stories and just be with the experience. What happens?

16

As humans we tell ourselves a lot of stories about who we are and how things should be, but are they true?

17

When you notice you are caught up in a story about a challenge can you offer kind wishes to all involved including yourself?

18

Can you appreciate your body? What can you do today to help it flourish?

19

Can you appreciate your mind? What can you do to help it flourish?

20

Give your face a **gentle** nourishing massage. Noticing how the touch feels.

21

If you notice an inner critic giving you a hard time, remember that most of us have one, you are not alone.

22

Give your inner critic some kindness today, wish that it finds peace.

23

Give your inner critic even more kindness today, wish that whatever is driving it finds peace.

24

Stressed out? Join our live daily sit today, at 10.30am and 7pm, just visit our website to join.

25

If we follow our attention back to its source we will find a peaceful awareness that is always present.

26

Want to be more mindful? Try our free course. Look it up under 'email courses' on our website to find out more.

27

Annoying relatives? Can you be curious about the thought, emotions and sensations that arise?

28

Remember that most of us have annoying relatives, it is part of being a human.

29

Can you send them kind wishes in your mind? What happens?

30

As we get to the end of the year, reflect back on what has supported you to be self-compassionate and happy? Can you do more?

31

Want to be more happy, more mindful in 2023? Then why not join our online 'Wonder of the Everyday' course, starting soon.

