

MAY

Counting Blessings



Mindfulness Association

Follow us on social media for daily mindfulness support.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

JOIN OUR MEMBERSHIP

Joining our membership costs just £10 for a 6 month trial period.

Find out more about member benefits from our website
2 FREE MEMBERSHIP WEEKENDS A YEAR

1

Set an intention in May to count the blessings experienced as part of daily life.

2

Reflect on how you might benefit from connecting with simple everyday blessings.

3

Count three good friends that you are blessed with.

4

When you see a spring flower, count it as a blessing.

5

Contemplate on three happy holiday memories.

6

Count four things in your home you are blessed with.

7

When you feel the sun shining count it as a blessing.

8

Count five things in nature that feel like a blessing.

9

When you have time to meditate count it as a blessing.

[7pm MSc OPEN EVENING Q&A]

10

Count two memories of happy times with friends.

11

When you see a tree count it as a blessing.

12

Count three memories of happy times in your home.

13

When you drink a coffee or tea count it as a blessing

14

Count four memories of happy times spent in nature.

15

Reflect on anything spiritual in your life that feels like a blessing.

16

Count on your fingers ten things that feel like a blessing in your life.

17

How is your life blessed with friendships?

18

Reflect on three happy celebration memories.

[PRACTICE DAY 10am-4pm]

19

Count three sounds that feel like a blessing in your life.

20

When you see a bird count it as a blessing.

21

How is your life blessed by your experience of nature?

22

How is your life blessed by the place you call home?

[MINDFULNESS & POETRY COURSE]

23

You is your life blessed by spiritual experiences?

24

Count four tastes that feel like a blessing your life.

[START MINDFULNESS SAMYE LING]

25

Contact a friend to tell them you love them.

26

Take a moment to appreciate your home.

27

When someone smiles at you, count it as a blessing.

28

Count two sights that feel like a blessing in your life.

29

Look out of the window and appreciate the vastness of the sky.

30

Take a moment to pause and connect with your spirituality.

31

Reflect back over the month of May, how have you experienced counting your blessings?

Join Us for free daily guided **MINDFULNESS MEDITATION**
10.30am & 7pm Monday-Friday
Find the link on our homepage.