

JOIN US FOR FREE GUIDED MEDITATIONS

10:30 & 19:00

Monday to Friday

[click here to join](#)

JOIN OUR MEMBERSHIP

Just £10 for a 6-month
Enjoy our membership
package with free
monthly teachings,
dedicated members
website & online digital
archive

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mindfunessassociation.net



Mindfulness
Association

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DAILY ACTS OF KINDNESS FOR OURSELVES AND OTHERS

1 Scroll through
your contacts and
send a kind text to a
friend you haven't
spoken to in a while.

8 Try one of our
compassion
meditations - all
available here

15 Try out this
Loving Kindness
Meditation.

22 Mystical
Poetry for Trust
& Letting Go
Practice Day

29 Take a "nothing
required" hour.
No goals, no fixing –
just being.

2 Notice the tone
of your self-talk. If it's
harsh, rephrase the
thought as if
speaking to a friend.

9 Let go of a
small annoyance or
frustration someone
caused you.
Decide it's not worth
holding onto.

16 Celebrate small
achievements. This
kindness habit
helps build joy.

23 Share a
positive review for
a small business
you love.

30 Reflect on your
month of kindness.
What changed in you?
What felt most
meaningful?

3 Take a one-hour
break from all screens
and social media.
Use the time for a
quiet, offline activity.

10 Send a kind
text or email to a
friend you haven't
spoken to in a while.

17 Rest without
guilt. Give yourself
permission to
pause today.

24 Mindfulness
Level 1 Course
starts today!

4 Spend 10 minutes
outside focusing
on the sensory details
of the natural world
to ground yourself.

11 Write a handwritten
letter to someone
expressing exactly
why you value them.

18 Dedicate 15
minutes to an
activity purely for
enjoyment.

25 Let someone
know you're proud
of them and they
are great just
as they are.

5 Spend 5 minutes
sending loving
kindness to yourself,
your loved ones, and
people you find difficult.

12 Make a loved
one a cup of tea, or
do a chore without
being asked.

19 Donate an
item you no longer
need to someone
who could use it.

26 Bring kindness to
moments of difficulty
with this mini
meditation

6 Write down
three things you like
about yourself. Place
the note somewhere
you'll see it later

13 Today is World
Kindness Day!
Reflect on how you
can be kinder
to yourself!

20 Write down one
boundary you need
to honour more
consistently

27 Create a self-
kindness playlist.
Songs that comfort
or uplift your spirit.

7 Listen fully
to someone without
interrupting or
offering advice as an
act of kindness.

14 Be kind to the
body. Take time to
mindfully stretch
regularly throughout
the day.

21 Mindfulness
Level 1 Weekend
at Samye Ling
starts today!

28 End your day
with kindness. Say
to yourself: "I did
enough. I am
enough."

NOVEMBER