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JANUARY

New Year, New Beginnings done with Beginner's Mind!

FREE GUIDED MEDITATIONS

Monday to Friday 10:30 & 19:00

Make meditation part of your new year

Monday

5

Make a change to your morning routine, to start your day in a new way

12

Instead of seeing a setback as a problem, see if there is anything you can learn from it

19

Avoid pre-judgement
When you think you know how something will go, resist the temptation to assume

26

Make a change to your regular commute today.
Small change, big difference

Tuesday

6

Try a new meditation or a meditation guided by a teacher you haven't used before

13

Mindfulness Level 1 Course starts today

20

If you find yourself disagreeing, ask yourself "is this based on a past assumption"?

27

At work begin a task without assuming how to complete it and approach it differently

Wednesday

7

Wonder of the Everyday course starts today

14

Consciously alter your routine to interrupt habitual thinking and create new experiences

21

Listen to the sounds around you for 1 minute without naming what you hear

28

Taste a food you would usually avoid. What does it actually taste like?

Thursday

1

31 Day Mindfulness Challenge starts today

8

When you notice the thought "I should", stop, take a breath and choose what you would like to do

15

Train to Teach Level 1 Course starts today

22

Wash your hands and notice the sensations from start to finish

29

When exercising, listen to the sounds around you rather than music

Friday

2

Choose a new activity and set a date to try it out.
Notice how it feels to do something new

9

Spend two conscious minutes outdoors noticing colours you usually overlook

16

Prepare food today as if you're learning how to cook for the first time

23

Offer to do a task your colleague normally does to gain a different perspective on work tasks

30

Plan something new for the weekend ahead!

Saturday

3

Online Vision Board Reflection Day

10

Take a task you normally do on autopilot and give it your full attention.
What do you notice?

17

Listen to a familiar song and pay attention to see if you hear something new

24

Start today with stretching. Notice when each movement begins and ends. How does it feel?

31

Spend some time reflecting on a month of beginner's mind!
What did you learn?

Sunday

4

Sit in silence for 5 minutes and be curious about the sounds arising in the stillness

11

Ask a friend something about themselves and truly listen to the reply.
What did you learn?

18

Make your favourite meal and eat as if you've never tasted this food before—notice flavour and texture

25

Is there something on your "to-do list" that you can let go of? How does that feel?



Mindfulness Association

www.mindfulnessassociation.net

Compassion Based In-Depth Mindfulness Training