



Mindfulness Association

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Just £10 for 6-months

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FREE GUIDED MEDITATIONS

Monday to Friday 10:30 & 19:00

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Sun

Mon

Tue

Wed

Thu

Fri

Sat

APRIL

1 If you removed fear or judgment, what is one thing you would do? Start moving mindfully towards that goal!

2 Plant and nurture seeds of intention. Choose a new activity each day to be mindful of.

3 What habit, activity or possession is weighing you down? Give yourself permission to let it go.

4 Make a small change today. Commit to meditate for 5 minutes and then increase the length each day until you reach 20 minutes!

5 What small action today could support a long-term intention? Drop that question into your meditation and see what arises.

6 Pay attention to aspects of life you normally miss when lost in busyness. Enjoy the little moments.

7 Start mentally noting things you are grateful for as they happen. Be mindful of how this change feels.

8 Do the dishes manually Notice the temperature of the water, the soap scent, and the feel of the dishes in your hands.

9 What unfolds when you observe instead of react at times of stress? Notice how the body feels.

10 Place reminders to be mindful around your home to act as prompts. Post it notes are great for this.

11 Make going for "Sensory Walk." part of your routine. Identify things you can hear, see, and feel.

12 Start a mini compassion practice. Whenever you meet someone, internally say "may you be happy" to them.

13 Try the "Unplugging Ritual". Turn off your devices 30 minutes before bed. Notice the quiet that follows.

14 **Mindfulness Level 2 Compassion Course starts today!**

15 Move more! During the day, take regular mindful stretch breaks. Notice the release of tension as you stretch slowly.

16 Eat a meal without your phone or TV. Focus entirely on the flavours and enjoy being present.

17 If you find yourself stuck, ask yourself "what would a beginner notice here that I might be overlooking?"

18 Today, see if you can notice when assumptions arise and if they limit your curiosity.

19 Remind yourself that it is ok to have setbacks. Start seeing them as moments of learning.

20 When outside today, bring beginner's mind. to your surroundings. What do you notice?

21 Walk a familiar route but look above eye level. Spot three architectural details you've never seen.

22 How would it be to meet yourself with compassion instead of judgment?

23 What seed are you planting today through your thoughts or attention? Remember, energy follows focus!

24 What distractions are pulling you away from your focus? Come back to the present and put them aside.

25 **Mindfulness In Nature Introduction Weekend starts today.**

26 What can you look at today as if seeing it for the first time?

27 If you're in a queue, don't reach for your phone. Just feel your breath in the body.

28 Experiment with bringing moments of silence into the day. Note any impact this has.

29 Try a new meditation or a new meditation teacher today and explore how this feels.

30 Set the intention to bring "beginner's mind" regularly into the day as you move into the new month.