

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Mindfulness
Association

JUST

2 List 3 modern conveniences that you take for granted and bring gratitude to them.

3 Feel the warm water when you wash up or rinse your hands, and be thankful for the luxury of clean, running water.

4 When walking today, feel the solid ground beneath your feet and look around at the world with open, curious eyes.

5 Do one small thing today purely for the fun of it, with no expectations or goals.

6 Spend five minutes "pottering about" your home simply noticing little things that bring you quiet pleasure.

7 Sit in silence for 5 minutes before bed, appreciating the peaceful stillness at the end of a busy day.

8 Take a different path on your walk today and keep your eyes up to spot something beautiful.

9 Watch the sky in the evening. Spend five minutes, noticing how the colours and the light change.

10 Reflect on your morning and then name 3 things that made you smile or grateful as the day began

11 Write a thank you note to your past self for working hard to get you where you are today.

12 When you laugh today, pause and notice how the joy feels in your chest, face, and belly. Fully inhabit the feeling.

13 Close your eyes for 30 seconds, open them, and mindfully appreciate the very first colourful thing you spot.

14 Close your eyes for one minute and listen to the sounds around you. Isolate one sound that feels peaceful or comforting.

15 **Compassion in Nature Weekend at the Crichton starts today!**

16 Treat yourself to your favourite biscuit or pastry, and eat it slowly, savouring every single crumb

17 Write down three things you appreciate about yourself. Notice how it feels to spend time on these qualities.

18 Take three deep breaths. On each exhale, drop your shoulders, unclench your jaw, and allow a wave of lightness to wash over you.

19 Send a quick voice note to a friend to say thank you for something, letting them hear the genuine warmth in your voice.

20 Reframe a minor annoyance today into a reason to be grateful (what did I learn about myself?)

21 If you notice polite gesture or a smile from someone today, stop and feel grateful for quiet, everyday kindness.

22 Eat a single piece of chocolate or a favourite fruit with total focus. Savour the texture and the shifting flavours.

23 Today, remember to take 3 deep, conscious breaths before opening your phone or computer.

24 Plan one small, treat to look forward to later this week and breathe with any sense of joy you feel.

25 Close your eyes for 30 seconds and listen, mindfully appreciating the background sounds of the day.

26 Before sleep, recall one peaceful moment from today and let yourself feel thoroughly thankful for it.

27 Take 10 slow breaths. Inhale the feeling of joy, exhale any unnecessary tension.

28 Run your hand along a tree trunk or some grass on your walk, mindfully appreciating the texture of the natural world

29 Watch the clouds move across the sky for one minute, appreciating the slow rhythm of the world around you.

30 Look around your immediate space right now and bring a sense of gratitude for shelter, safety, and warmth.

31 Open your gratitude jar and re-read each note, wallowing in the gratitude you feel!

FREE GUIDED MEDITATIONS
Monday to Friday 10:30 & 19:00
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