

September

Acts of Daily Altruism

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Umbrella Share: 1

If it rains, offer to share an umbrella with someone waiting alongside you in a queue or at the bus stop.

The Mindful Kettle: 2

While it boils, breathe without checking your phone, then make a hot drink for someone.

Mindful Compliment: 3

Text a friend a short, genuine appreciation. Notice how it shifts your mood.

Commute Courtesy: 4

Pause, breathe, and offer your seat or hold a door with total presence.

Shared Space Reset: 5

Tidy a communal area and leave it ready for the next person without seeking credit.

Loving-Kindness: 6

Spend 3 minutes silently wishing peace to yourself, a loved one, and a stranger.

Hello Neighbour: 7

Ask a neighbour how their week is going and listen to the answer mindfully

**TRAIN TO 8
TEACH MINDFULNESS
COURSE STARTS
TODAY**

Share a Treat: 9

Bring biscuits or fruit to share at work or home, savouring the collective break and shared time.

Curiosity Over Judgement: 10

When someone acts rudely, think: *Just like me, they may be having a hard day.*

Pass Along a Book: 11

Leave a book you've finished on a train seat, park bench, or community book swap.

**MINDFULNESS 12
LEVEL 1 WEEKEND
STARTS TODAY**

Reach Out: 13

Check in on an elderly neighbour or friend and see if they need any tasks carrying out

Digital Detox: 14

Mute non-essential notifications today and be fully present for those around you.

Soften Tension: 15

Reflect on a minor misunderstanding and send that person a gentle message to reduce tension.

Borrow and Lend 16

Ask a neighbour or colleague for a tool, book, or ingredient instead of buying online. It builds connection.

Digital Goodwill: 17

Leave a thoughtful comment on a local small business or friend's post.

Hold Steady: 18

When you go through a public doorway, check to see if you can hold it for the next person.

Acknowledge: 19

Remember to say "thank you" to all people who provide a service for you today.

Community: 20

Make a commitment today to pick up litter in your local area.

Transit Wishes: 21

On the bus or train, look around and silently wish three strangers well.

Queue Courtesy: 22

Intentionally step back to let someone with fewer items go ahead of you in a shop or queue.

Donate: 23

If possible, donate some foods to a local food bank.

Quiet Praise: 24

Thank a colleague or housemate specifically for a small, routine job they did well.

Unspoken Favour: 25

Do one small task for a family member or housemate that they usually dislike doing,

**Yoga, Qigong 26
and Meditation
Weekend
starts today**

Kind Words: 27

Tell someone you know why they are important to you.

Bin Run: 28

Take your neighbour's bin back up their drive after collection day.

Community: 29

Join a local group that supports the vulnerable in the community.

Commit: 30

Write down the acts from this month that brought you joy, and make them a habit.

FREE GUIDED MEDITATIONS
Monday to Friday 10:30 & 19:00
[Click here to learn more](#)

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