

MINDFULNESS MARCH

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1					Write down 3 things you hope to accomplish this month.	Work out time! Sweat the weeks stresses away It's the weekend!	Come up with a mindful night routine to implement.
WEEK 2	Self Care Sunday Take 30 minutes to do something for yourself today.	Note your stress triggers. Create a 10 minute "escape plan" to work them when they occur.	Take a new route to get to work or school. Be mindful of the new things you observe.	Before starting a new task, take 5 minutes to reflect on what you've accomplished.	Takeout Takeout! Make a meal from scratch today.	Write down 3 things that went well this week.	Clear the clutter. Give a frequently occupied space in your home a deep clean.
WEEK 3	Take a nap. Relax, recharge, and get energized for the week.	Do something kind for someone. Write down 3 things you are grateful for.	Transformation Tuesday. What are 3 positive changes you've noticed?	Embrace your surroundings alone. Treat yourself to dinner and drinks.	Write down 3 things you want to improve on moving forward.	Cheers to the weekend. Spend time catching up with friends.	Self Care Saturday. Spend an hour doing a hobby you enjoy.
WEEK 4	Take a walk in your neighborhood. Find 3 new things you observed.	Me Crush Monday Look in in the mirror and observe 3 things you love about yourself.	Takeout Takeout! Make a meal from scratch today.	You deserve a nap. Reset your body for the rest of the week.	Break Time! Take 15 minutes to escape your usual routine. Recharge.	Spend tonight being comfortable with yourself.	Write down 10 things you have done well this month.
WEEK 5	Clear the clutter. Mindfully clean out a junk drawer or overstuffed cabinet.	Mindful Movement Spend at least 15 minutes working out. Walk. Run. Get Moving!	Nap Time! Take 30 minutes to recharge and tackle the rest of your day.	Reach out to a close friend. Let them know what you value in your relationship.	Takeout Takeout! Make a meal from scratch today.	Come up with your own mindfulness mantra.	Treat Yo'self Do something only for YOU! Take yourself on a date