Set an intention to live with awareness and kindness.

Get outside and notice 5 things that are beautiful.

Cultivate a feeling of loving kindness towards others today.

Start today by appreciating that you’re alive and have a body.

Every hour simply take 3 calm breaths in and out.

Eat mindfully. Appreciate the taste, texture, and smell of your food.

Listen to a piece of music without doing anything else.

No plans day. Slow down and let spontaneity take over.

When someone is speaking, take a full breath before you reply.

Notice how you speak to yourself. Try to use kind words.

Feel the cool of a breeze or warmth of the sun on your face.

Stop, breathe and just notice. Repeat regularly during the day.

Enjoy doing any chores or tasks more mindfully today.

Stop to just watch the sky or clouds for ten minutes today.

Do something creative that absorbs your attention.

Look around and spot 3 things you find unusual or pleasant.

If you find yourself rushing, make an effort to slow down.

Listen deeply to someone and really hear what they are saying.

Notice the joy to be found in the simple things of life.

Notice things in nature that look differently than yesterday; flowers blooming, grass growing, the shape of the clouds, the stars at night.

Notice when you’re tired and take a break. Be mindful as you recharge.

Make a list of amazing things that you take for granted.

Tune in to your feelings, without judging or trying to change them.

Bring to mind all the people you love and care about.

Appreciate your hands and all the things they enable you to do.

Mentally scan down your body and notice what it is feeling.

Go nature spotting. Notice what is around you.