



# MINDFUL MONTH

with Smiling Mind

Print this off and display it somewhere you see throughout the day, like the fridge. Cross off each day as you go, remembering to be kind to your mind! You got this...

Supported by



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
<p>Set an intention — What is important to me?</p> 	<p>Tip — Mindfulness isn't about 'stopping' thoughts; it's about observing them and not getting so caught up with them.</p> 	<p>Encouragement — You are benefiting your mental, emotional and physical health.</p>	<p>Tip — Mindfulness isn't just about paying attention it's also about how we pay attention, with kindness, curiosity and openness.</p>	<p>Fill in your feelings — A feeling I had today...</p> 	<p>Time to Reflect — What (if anything) tends to get in the way of my practice?</p> 
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
<p>Set an intention — What do I want to cultivate and grow?</p>	<p>Tip — Over time meditation helps us get better at noticing where our attention is and choosing where we want it to be.</p> 	<p>Encouragement — Practice not perfection.</p>	<p>Tip — Focusing in meditation isn't about grim determination. Try to focus gently rather than forcing it.</p> 	<p>Fill in your feelings — Draw how you are feeling today...</p> 	<p>Time to Reflect — What could I do differently to support my practice?</p>
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
<p>Set an intention — What will I focus on in the coming days?</p> 	<p>Tip — Mindfulness is about building self-awareness; it's not about getting rid of uncomfortable feelings.</p>	<p>Encouragement — A little practice, often, is valuable.</p> 	<p>Tip — Losing focus, noticing you have lost focus, and re-focusing is what builds your mindfulness muscle. It's like a bicep curl for your brain.</p>	<p>Fill in your feelings — A feeling I had today...</p> 	<p>Time to Reflect — What is going well and why?</p>
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
<p>Set an intention — Can I be kinder to myself?</p>	<p>Tip — Mindfulness creates a moment of pause between a stimulus and a response. This pause gives us the space to choose a response rather than react automatically.</p>	<p>Encouragement — Be kind and curious.</p> 	<p>Tip — What you practice grows stronger. The more you meditate with patience, self-kindness and curiosity the more you build and strengthen these pathways in your brain.</p>	<p>Fill in your feelings — Draw how you are feeling today...</p> 	<p>Time to Reflect — What am I learning about myself?</p> 
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<p>Set an intention — Who could I meditate with in the coming days?</p> 	<p>Tip — Each time you notice you've become distracted during your meditation that's a moment of mindfulness — a jewel not a failing!</p>	<p>Encouragement — Remind yourself of what you want to grow.</p> 	<p>Tip — Over time you will notice that meditation leads to a calmer, more peaceful quality of mind, but not necessarily moment to moment.</p>	<p>Fill in your feelings — A feeling I had today...</p> 	<p><b>Congratulations — You did it!</b></p> 