

MY MINDFUL MONTH 2018

P.I.T.S.T.O.P

01
Focus on my
breath for one
minute.

02
Notice three
things in nature
today.

03
Notice the cool
breeze, or warm
sun on my face.

04
Have a mindful
meal. Notice all
the sensations that
eating brings.

05
Focus on my
breath for two
minutes.

06
As I walk around,
pay attention to
how it feels and
how it sounds.

07
Have a device
free afternoon.
Notice how it feels.

08
Stop and notice the
clouds today, for a
few moments.

09
Every hour today
take three deep
breaths in and out.

10
Listen to a piece of
music without
doing anything
else.

11
Take a different
route on my
journey today.
What do I notice?

12
Scan my body
from head to toe.
What sensations do
I feel?

13
Today check into
my feelings.
Without trying to
change anything,
what do I notice?

14
Stay present whilst
drinking my cup of
tea/coffee.

15
Read a chapter of
a book or an article
and notice if my
mind wanders.

16
Focus on my
breath for three
minutes.

17
Go outside and
notice five things I
think are beautiful.

18
Pay moment to
moment attention
to a daily chore.

19
Do something
creative that
absorbs my
attention.

20
Focus on my
breath for four
minutes

21
Make a list of ten
things I am grateful
for today.

22
Notice how I speak
to myself today,
am I using kind
words?

23
Go for a walk,
take in all the
sights, sounds and
smells.

24
Sit quietly for five
minutes today,
cultivate love for
myself and others.

25
Take time to do
my favorite activity
today with my full
attention.

26
Let the people I
love today know
how much I love
them.

27
Write myself a
letter and
Sign it with love.

28
Focus on my
breath for five
minutes.

29
Wash my hands with
mindful attention.

30
Close my eyes,
listen to the sounds
for two minutes.

31
Repeat my favorite
mindful day.