



THE
BOTANIST
Kirribilli

PRESENTS

MINDFUL MARCH

CALENDAR



MON 1

Wake with the sun to set your natural body clock for the day

TUE 2

Look around and spot 3 things you find pleasant

WED 3

Brush your teeth with your non-dominant hand to help encourage attention

THU 4

Write a handwritten card/letter to a good friend you have not seen for a while

FRI 5

Make your bed in the morning and accomplish the first task of the day

SAT 6

Enjoy mindful eating and savour your favourite meal

SUN 7

Draw, colour-in or be creative. Art can help you de-stress

MON 8

Take a photo of something that inspires gratitude in you

TUE 9

Think of a place in the world that you love and close your eyes and imagine yourself there

WED 10

Find a way to enjoy the weather today, no matter what the forecast is

THU 11

Close your eyes and breathe deeply for one minute

FRI 12

Smile, it's Friday! Think of one thing you are truly grateful for

SAT 13

Go for a mindful walk and breathe in the fresh air

SUN 14

Instead of texting, call someone today

MON 15

Perform a random act of kindness or send a kindness note from our kindness store

TUE 16

Text a friend who may need some love today

WED 17

Think about a colour you love and keep an eye out for it in the world today, take a moment to soak it in every time you see it

THU 18

Watch a full sunrise or sunset

FRI 19

Make a date with a friend and enjoy some movement - go for a walk

SAT 20

Today is International Day of Happiness. Write down 3 things that bring you daily happiness

SUN 21

Think of a person who makes you laugh and send them some gratitude

MON 22

Connect with a family member

TUE 23

Ask 3 different people what they are grateful for and why

WED 24

Find a quote that inspires you and make it your mantra for the day

THU 25

When drinking your morning coffee or tea, put down your phone

FRI 26

Go for a short walk before bed and look up and appreciate the stars

SAT 27

Put your phone away before bed tonight

SUN 28

Compliment someone today

MON 29

Listen to your favourite happy song today

TUE 30

Take a technology time out

WED 31

Finish off your mindful month with a long walk with a loved one



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AN INITIATIVE BY THE
BOTANIST KIRRIBILLI