

THE
BOTANIST
Kirribilli

PRESENTS

MINDFUL MARCH

CALENDAR 2023



WED 1
Smile at someone and say good morning

THU 2
Make your bed in the morning and accomplish the first task of the day

FRI 3
Go for a mindful walk and breathe in the fresh air

SAT 4
Wake with the sun to set your natural body clock for the day

SUN 5
Close your eyes and breathe deeply for 1 minute

MON 6
Perform a random act of kindness or send a kindness note from our kindness store

TUE 7
Give someone you love a big hug, notice their arms wrapped around you.

WED 8
Ask 3 different people what they are grateful for and why

THU 9
Find a quote that inspires you and make it your mantra for the day

FRI 10
Feel good it's Friday sip on a Lyre's Dry London Spirit & tonic

SAT 11
When drinking your morning coffee or tea, put down your phone

SUN 12
Find a way to enjoy the weather today, no matter what the forecast is

MON 13
Write a handwritten card/letter to a good friend you have not seen for a while

TUE 14
Go for a short walk before bed and look up and appreciate the stars

WED 15
Focus on your meal, order one of The Botanist's food specials and savour every bite.

THU 16
Compliment someone you love

FRI 17
Smile, it's Friday! Think of one thing you are truly grateful for

SAT 18
When you drink your Lyre's cocktail, feel the glass between your hands and notice how it feels

SUN 19
Today is International Day of Happiness. Write down 3 things that bring you daily happiness

MON 20
Staying hydrated is important, drink more water

TUE 21
Focus on your breath. Count to four as you inhale, hold for four, count to four as you exhale, hold for four. Repeat

WED 22
Be mindful about your alcohol consumption try a Lyre's cocktail instead

THU 23
Start your morning with a 5 minute stretching routine

FRI 24
Take a shower. Take the time to observe the sensations as you rinse off and feel your mind magically clear

SAT 25
Get outdoors in nature, breath the fresh air and give your mind a boost for the day

SUN 28
Practice mindful eating by preparing yourself a meal using a recipe from The Botanist website

MON 27
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

TUE 28
Be mindful about your meat consumption, attend The Botanist's Vegan Dinner

WED 29
Listen to your favourite happy song today

THU 30
Look around and spot 3 things you find pleasant

FRI 31
For the final day of Mindful March, perform a random act of kindness or smile at a stranger. Notice how it makes you feel.



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