

# DECEMBER

## Noticing

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



JOIN OUR FREE GUIDED DAILY MEDITATIONS  
10.30am & 7pm  
Monday-Friday (UK TIME)  
Beginners are Welcome!

JOIN OUR MEMBERSHIP THIS MONTH!  
Just £10 for a 6 month trial period  
FREE MEMBERS WEEKENDS, MONTHLY TEACHINGS & PRACTICE FOR JUST £10 - PLUS A DISCOUNT ON THE WONDER OF THE EVERYDAY COURSE WHICH STARTS IN JANUARY!

1  
Set an intention this month is to use what's happening around you to connect with what's happening within.

2  
How might you benefit from connecting regularly with what's happening within?

3  
When you see Christmas lights, notice your inner response: like, dislike or neutral?

4  
Set an intention to smile with your eyes, each time you see a human or animal today.

5  
When you next have a drink, pause and notice what you are feeling.

6  
When you hear Christmas music, notice your inner response: like, dislike or neutral?

7  
When you next experience the weather outside, notice and become curious about the weather inside.

8 @#!\*  
Set an intention to notice any stories you are telling yourself today.

9  
The next time someone greets you, pause and notice any thoughts, emotions or sensations.

10  
When you taste a Christmas treat notice your inner response: like, dislike or neutral?

11  
When you next have something to eat take a moment to notice the sensations in your mouth: taste, texture, temperature.

12  
When you see a Christmas tree, notice your inner response: like, dislike or neutral.

13  
When you feel cold, pause and notice what it is like to feel cold.

14  
When you see a Christmas advert notice your inner response: like, dislike or neutral?

15  
When you next have a drink, pause and notice what you are thinking about.

16  
Set an intention to notice any emotions you are feeling today.

17  
When you feel warm, pause and notice what it is like to feel warm.

18  
Notice the feel of the feet on the ground as you walk today.

19  
The next time you greet someone, pause and notice any thoughts, emotions or sensations.

20  
What's happening now? Take a moment to check in with your thoughts, emotions and physical sensations.

21  
It's the winter solstice today. Check in with how you feel about the days getting longer again.

22  
When you next pick up a phone. Notice what you are doing and check in with how you are feeling.

23  
Set an intention to brush your teeth mindfully today. What do you notice?

24  
It's Christmas Eve today, how do you feel about that? Happy? stressed? something else?

25 MERRY XMAS  
It's Christmas Day today. How do you feel about that? Happy, sad, neutral, or something else?

26  
Before you go to sleep tonight, notice how you are feeling.

27  
Set an intention to notice the full moon this evening.

28  
What's happening in your mind right now? Just notice.

29  
Check in with your energy level: tired, balanced, agitated? Notice how this feels in the body.

30  
Nearly at the end of the year. Reflect back over the year. What do you notice?

31  
It's New Year's Eve. What is happening now? any thoughts, thinking, emotions, sensations?