

# DECEMBER

*Time to be Kind!*

## JOIN OUR FREE GUIDED MEDITATIONS

10.30am Monday-Friday & 7pm every day

*Find the link on our homepage.*



Mindfulness Association

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

*Why not join one of our*

### WINTER PRACTICE DAYS

28,29,30 December & 2 January

10am ~ 4pm •£30

**1**

Set an intention to be kind to yourself and others in December.

**2**

Reflect on your motivation: Why is it important to you to be kind?

**3**

If you know someone with a disability, reach out to them in kindness today.

**4**

If this moment is a difficult one, give yourself a kind mindful hug.

**5**

Make time now to send a friend a kind text.

**6**

If you know someone who has lost someone, reach out to them in kindness today.

**7**

As the days get cooler, be kind to yourself by wrapping up warm in a scarf and gloves.

**8**

Practice smiling kindly at the people around you today, allowing the smile to reach your eyes.

**9**

Bring to mind a kind memory and notice how it feels.

**10**

Send kind wishes out to all those working to improve human and animal rights around the world.

**11**

Why not attend our free daily guided meditation at 10.30am and 7pm today.

**12**

Do a random act of kindness today and notice how it feels.

**13**

Do something kind for yourself today.

**14**

Give someone a gift today.

**15**

Why not join our 31 day challenge in January, as an act of kindness to yourself and in support of the Everyone Project Charity.

**16**

When something makes you smile today, pause and breathe the happiness in to your heart.

**17**

If you think someone is doing a good job, be kind and tell them.

**18**

Do a guided kindness meditation today - choose one from our free Mindfulness Based Living app.

**19**

Remember how it felt when someone was really kind to you. How does that feel in your body?

**20**

Be kind to yourself today and take a mindful break to appreciate the richness of the present moment.

**21**

Celebrate the Winter Solstice, the shortest day today, wonder at the Earth moving around the sun.

**22**

Be kind to yourself - book onto one of our Christmas and New Year practice days.

**23**

Set an intention to be extra-kind in your communications today.

**24**

If you know someone who is on their own reach out to them in kindness today.

**25**

All of us at the Mindfulness Association wish you a very joyful day today - whatever you are doing.

**26**

Make some wishes of kindness to all on this Earth today.

**27**

Look up or out at the sky, enjoy the space and send kind wishes up into the clouds.

**28**

Feel your feet on the floor, place your hands on your heart, be kind to yourself.

**29**

Take time to do something that nurtures your happiness today.

**30**

Set an aspiration to support those around you to be happy today.

**31**

Reflect back over the month, what has helped you to be kind? Can you do more next year?

**JOIN OUR MEMBERSHIP**  
 Just £10 ~for a 6 month trial period~  
*Enjoy our membership package with free fortnightly teachings, weekly get togethers, and a dedicated members' website.*

*Please consider signing up for the 31 Day Challenge in January to raise funds for the Everyone Project*

*Join our mailing list for monthly news*