



LIVING WELL in
FEBRUARY
with Mindfulness & Compassion



Mindfulness
Association

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

JOIN OUR FREE GUIDED MEDITATIONS

10.30am & 7pm Monday-Friday (UK TIME)

Find the link on our homepage,

HEAR THE LATEST: sign up to our mailing list



1

Set an intention to live well this month with mindfulness & compassion.



2

Reflect on the benefits that come from living with mindfulness & compassion.



3

~ Note to self ~
Be present!



[COMPASSIONATE IMAGERY WIE AT SAMYE LING]

4

The human condition is a messy business and so we all need compassion.



[COMPASSIONATE IMAGERY WIE AT SAMYE LING]

5

Take a moment now to just breathe.

What is that like?



[COMPASSIONATE IMAGERY WIE AT SAMYE LING]

6

Roll your shoulders...
how do they feel?



7

Why not join our daily sit this morning at 10.30am ~ free to all

www.mindfulnessassociation.net

8

The next time you make a mistake, place your hand on your heart and be kind.



9

We only have this self, we don't have a spare self in the cupboard, so take care of this one today.

10

What are you most grateful for in your life today?



PRACTICE DAY 11 Mystical Poetry

Living well means living in accordance with our values ~ what value will you live today?



12

Take a moment to feel your hands and appreciate all they do for you.



13

When you get a chance, look up at the sky and experience the space.



14

Happy Valentine's Day ~ with love from us.



15

If something has gone wrong, give yourself a hug from us.



16

How well have you lived today?



17

Be kind today ~ just because it is the right thing to do.



18

Take some time today to notice the space in between objects.
What is that like?



19

Why is mindfulness important in your life?



20

Celebrate a success today.
What do you notice?



21

Why not join our daily sit this morning at 7pm ~ free to all via

www.mindfulnessassociation.net

22

How well have you loved today?



23

Is there something you regret? Can you make amends or forgive yourself?



24

Why is compassion important in your life?

25

Take a moment to feel your feet and appreciate all they do for you.

[MINDFULNESS FOR BUSY LIVES: LONDON]

26

How well have you let go today?



[MINDFULNESS FOR BUSY LIVES: LONDON]

27

How do you want to be remembered?



28

Reflect back over the month
What has supported you in living well with mindfulness and compassion?

MINDFULNESS FIRST STEPS WEEKENDS
AT SAMYE LING OR EDINBURGH OR ONLINE
4th-5th MARCH

TRY OUR MEMBERSHIP SANGHA!
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