

# march mindfulness 2019

@matsandmutts

sun	mon	tues	wed	thu	fri	sat
<p><b>03</b> Good Eats Find a recipe that looks good. Carefully follow each direction, then enjoy your work. Sit down and savor each bite, distraction free.</p>	<p><b>04</b> Screentime Check Set restrictions for app's you spend a lot of time on (ahem, instagram), and commit to sticking to them!</p>	<p><b>05</b> Pamper Give yourself a full manicure. Soak your nails in warm water, cut the cuticles. File and buff. Massage your hands and forearms.</p>	<p><b>06</b> Get Creative Grab a coloring book or a pencil and start doodling for a joyful way to calm the mind &amp; bring clarity.</p>	<p><b>07</b> Affirmation Station <b>I will choose joy.</b> Spend time with your journal or meditate on this affirmation.</p>	<p><b>08</b> Friday Flow Unroll your yoga mat for a <b>gentle flow</b> or <b>chair yoga</b>. New to yoga? No worries, these are perfect for you.</p>	<p><b>09</b> Sit &amp; Breathe How has a week of meditation been? What have you noticed? For the next week, let's increase to 10 minutes.</p>
<p><b>10</b> Fresh Air Spend at least five minutes outside without your phone. Go for a walk, drink a cup of tea or journal what you see &amp; hear.</p>	<p><b>11</b> Dancing Queen Get grooving with a playlist of your favorite songs to sing and dance to like no one's watching!</p>	<p><b>12</b> Grab your journal! Write three things you are grateful for and three things you love about yourself. Keep it visible and add to it daily.</p>	<p><b>13</b> Giggle Fit Put on your favorite sitcom or romcom and actually watch it (as in no phone scrolling while it's on in the background!).</p>	<p><b>14</b> Affirmation Station <b>I commit to flowing, not forcing.</b> Spend time with your journal or meditate on this affirmation.</p>	<p><b>15</b> Friday Flow Revisit last week's videos or try an <b>energizing flow</b>. Remember to take care and listen to what your body needs.</p>	<p><b>16</b> Sit &amp; Breathe Enjoy 15 minutes of meditation, and try to continue this length in the coming week.</p>
<p><b>17</b> Mind Getaway Whether an old favorite or a new find, curl up with a good book today and get lost in the story.</p>	<p><b>18</b> Screentime Check How are the phone restrictions going? No stress if you've gotten off track. Perhaps readjusting the time limits will help.</p>	<p><b>19</b> Good Night Before bed, spend a few minutes in legs up the wall pose. Take deep breaths and clear your mind for a restful night of sleep.</p>	<p><b>20</b> Grab your journal! Begin a list of what is most important to you. The next time you are stressed or upset, consult this list as well as your gratitude &amp; self-love.</p>	<p><b>21</b> Affirmation Station <b>I have the power to manifest my dreams.</b> Spend time with your journal or meditate on this affirmation.</p>	<p><b>22</b> Friday Flow A <b>hip stretching class</b> sounds good this week. The hips get tight from sitting, standing, walking, so give them extra love.</p>	<p><b>23</b> Sit &amp; Breathe Take note of how you've adjusted to the increases each week. Try 20 minutes and see how you like it. Continue daily.</p>
<p><b>24</b> Fresh Air Simply, enjoy your meditation outside. Journal about your experience.</p>	<p><b>25</b> Got Plants? If so, spend time with them. Talk and sing to them. Brush the leaves, massage the dirt, and give a good drink of water.</p>	<p><b>26</b> Phone Break Give yourself time off the scroll today and take a social media break.</p>	<p><b>27</b> Catch Up Call someone who makes you feel safe and supported and catch up, or send a note to let them know you're thinking of them.</p>	<p><b>28</b> Affirmation Station <b>I am enough.</b> Spend time with your journal or meditate on this affirmation.</p>	<p><b>29</b> Friday Flow End the work week with a <b>relaxing restorative practice</b>. <small>(Lesley's videos are a great resource for amazing free classes!!)</small></p>	<p><b>30</b> Sit &amp; Breathe Continue meditating for 20 minutes daily and increasing over time. Remember, even a few minutes is better than none!</p>
<p><b>31</b> Grab your journal! How did the last month go? What benefits have you seen from bringing more mindfulness into your life? How will you continue?</p>					<p><b>01</b> Grab your journal! What does mindfulness mean to you? What do you hope to gain over the next month? Commit to trying your best.</p>	<p><b>02</b> Sit &amp; Breathe Download Insight Timer (or different app of choice). Get comfortable, select a 5 minute meditation. Continue this daily.</p>

My hope for you is that you thoroughly enjoy bringing mindfulness into your daily life and see how even the smallest act can bring great peace.

In gratitude,  
Alexa, Mats and Mutts



There is a tendency to doubt your growth in the midst of a big leap forward; hold steady and allow yourself to bloom.

-Yung Pueblo