

**1** Start where you are, learn more with this [mindfulness quiz](#).

**2** Sit alone and just enjoy your morning coffee or tea, free of any distraction.

**3** Head out on a [mindful walk](#).

**4** Bring mindfulness to your self-care routine, such as face washing or tooth brushing.

**5** Make technology your friend, download a mindfulness app.

**6** Go for a jog or exercise with no music. Pay attention to your body.

**7** Set a reminder at work to get up from your desk and stretch or take a brief walk.

**8** Find a spot near a window, set a timer for 5 minutes, and simply notice the beauty of nature.

**9** Learn more about gratitude. Take [this quiz](#) to get started.

**10** Go to the movies – allow yourself to be completely immersed in the film and the experience.

**11** Change up your commute. Try a new route and pay attention to the differences you see.

**12** Help yourself get better sleep by making a change in your [bedtime routine](#).

**13** Start building 3-5 minutes of [mindful meditation](#) into your daily routine.

**14** De-clutter your desk at work, or a room at home.

**15** Practice a digital detox. Take a phone break. Start with just 10 minutes.

**16** Listen fully while someone is speaking. Notice their non-verbal communication.

**17** Notice how you speak to yourself. Offer kindness rather than criticism.

**18** Spend quality time with a child (or pet) in your life. Pay attention to what interests them, and savor the moments.

**19** Experiment with your [morning routine](#).

**20** Delete a phone app that you don't need.

**21** Listen to a [mindfulness podcast](#).

**22** Make a list of 10 things that you take for granted.

**23** When someone else is speaking, take a full breath before you reply.

**24** Do something creative: draw, journal, color, garden, cook, bake, anything you like.

**25** [Eat mindfully](#). Appreciate the taste, texture, smell, and bounty of your food.

**26** Listen to a piece of music that you like, without doing anything else.

**27** Make no plans for the day, let spontaneity take over.

**28** Let a [common chore](#) be a mindfulness exercise. Focus your attention on what you're doing, notice what you see, hear, smell, and feel.

**29** Schedule a [desk chair meditation](#).

**30** Write down some things that make you happy at this point in your life. Make note of how these may have changed over the years.

**31** Experiment with your exercise routine. Try something new or different, consider yoga, tai chi, or swimming.