



# NOVEMBER NUDGES: MINDFULNESS AT WORK EVERYDAY

Sunday

Monday

Tuesday

Wednesday

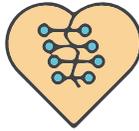
Thursday

Friday

Saturday



MINDFULNESS  
AT WORK



3 BE PRESENT.  
Spend time in nature.  
Just listen, feel, look...

4 Start with a morning ritual, quiet time to breath, walk...

5 Be intentional: Plan, prioritise, schedule, remember the 80/20 rule

6 Slow down today. Resist rushing, busyness, multitasking...

7 PAUSE often and fully attend to 5 slow deep breaths...

8 Listen. Be there. Notice how difficult it is. Practice...

9 Unplug from technology. See what difference it makes...

10 Say thank you and let someone know you appreciate him/her.

11 Practice ACCEPTANCE in a situation or with yourself...

12 No negative self talk. Tell yourself 'I am good enough'...

13 Take a break. Go outside. Connect with your senses...

14 Shorten Meetings. Prohibit technology. Focus on 'why'.

15 Engage in a random act of Generosity. Notice how it feels...

16 Nourish yourself. Mindfully prepare and eat a meal...

17 Check in with self. Practice being gentler and listening more...

18 Be more AWARE of your posture. Let go of tension. Soften...

19 Can you be PATIENT and remember that 'things take time'?

20 Notice the story you are telling yourself? Re-frame...

21 When you walk, only pay attention to each step...

22 Be there for someone. Consider, care, connect with colleagues.

23 Do one thing you love. Fill your cup. You deserve it.

24 Can you be more NON-JUDGEMENTAL and stay open?

25 See as if for the first time. Practice BEGINNER'S MIND'...

26 Event + Reaction determines Outcome. You choose your response...

27 Focus on what you can control. Use your Breath to self calm...

28 TRUST yourself.

29 Feel your feet on the ground: notice the support and stability

30 Replenish yourself. Then, you will have lots to give...