

12 Tiny Things

Cultivate. Root. Nourish. Rise.

At 12 Tiny Things, we believe that little things are big things. Use this calendar to explore tiny, daily practices. Go in order one day at a time for a month or choose randomly from the list. Pull the calendar out quarterly or cycle through it monthly for a year. Join us as we root, build intention, spread the tiny truth and celebrate the holy ordinary.

1 Don't buy anything today	2 Light a candle at every meal	3 When asked how you are, answer with something true, instead of your usual default.	4 Block out 30 minutes on your calendar and relax	5 Shut down your phone and computer at night. Take intentional breaths while they reboot come morning.
6 Donate ten things.	7 Sit down when you eat.	8 Watch the sun rise or set.	9 Pick one set of stairs at home or work and each time you climb them do it mindfully.	10 Make eye contact and smile at three people.
11 Delay reaching for the remote at the end of the day. Sit, stretch, read or listen to music first.	12 Do a craft you loved as a child.	13 Handwrite a letter to someone you love	14 Go outside and touch something wild	15 Set an intention for your day and return to it in the quiet moments
16 Listen not to respond, but to understand	17 Explore a new place in your neighborhood	18 Pick your toes up, fan them out and put them back down. Be here now.	19 Put on a song you love and actively listen to the entire piece.	20 Pick a machine in your life (car, computer, coffee maker) and give it a nod of gratitude
21 Set your phone to sound once an hour. Each time you hear it, take 3 conscious breaths.	22 Do one thing at a time.	23 Think about where your food came from.	24 Go outside and look up. All the way up.	25 Take a detour on purpose and see what happens.
26 Change the pictures in your frames to see new memories you adore	27 Say no to one lie you are telling yourself	28 Be open to surprise. At the end of the day, reflect on what surprised you.	29 Eat a snack with your eyes closed.	30 Write down three things for which you are grateful.