

Mindfulness Challenge

BE GRATEFUL
FOR ONE THING
TODAY 1

SET YOUR GOAL
FOR THE DAY 2

TAKE SMALLER
BITES OF YOUR
MEAL TODAY 3

DANCE TO
YOUR HEARTS
DESIRE 4

CELEBRATE
SMALL
SUCCESSSES 5

NOTICE YOUR
CONVERSATIONS
MORE 6

PRACTICE
BREATHING
EXERCISES 7

GET OFF YOUR
PHONE FOR
TWO HOURS 8

WATCH THE
SUNSET 9

ENJOY THE FRESH
MORNING AIR 10

TRY EATING WITH
THE OPPOSITE
HAND 11

TAKE A
DIFFERENT
ROUTE 12

START YOUR DAY
WITH A BODY
SCAN 13

SIT IN SILENCE
AND OBSERVE YOUR
THOUGHTS 14

STOP STRESSING,
GET UP AND
MOVE 15

LAUGH FOR NO
GOOD REASON 16

RELAX AND ENJOY
YOUR FAVORITE
TUNES 17

TALK TO SOMEONE
YOU NORMALLY
WOULD NOT 18

PRACTICE FIVE
MINUTES BREATHING
MEDIATION 19

NOTICE HOW YOU
USE YOUR SENSES
TODAY 20

TURN THE TV OFF
AND TALK 21

BE MORE
AWARE OF
DIFFERENT
SCENTS 22

ENJOY A GOOD
BOOK 23

WRITE A JOURNAL
ENTRY ABOUT
YOUR DAY 24

COLOR OUTSIDE
THE LINES 25

PAY ATTENTION TO
HOW A SHOWER
FEELS 26

VISUALIZE A DAY
GOING EXACTLY
HOW YOU
WANT IT 27

HAVE A MEANINGFUL
CONVERSATION
WITH YOUR
FAMILY 28

NOTICE HOW
YOU REACT TO
SITUATIONS 29

IDENTIFY THREE
THINGS YOU ARE
GRATEFUL
FOR 30

