

Mindfulness Challenge

Awaken your senses, listen to your body and open your mind.

Goal: Consider these daily mindfulness suggestions to reduce stress, improve focus and increase your conscious state of being. Aim to complete at least 20 mindfulness exercises in 4 weeks!

	GOALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total
Week 1	Meditate for at least 2 minutes per day. Gradually increase time throughout the week. No rules – just sit still, quiet and breathe. Allow thoughts to enter and leave your mind. Try adding a phone app: Calm, Breethe, Headspace, Stop-Breathe-Think	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 2	Take a few minutes to get in touch with your 5 senses. Try it in the shower, while eating, in bed, in the car, etc. What do you see, hear, smell, feel, taste? Make a conscious effort to slow down and appreciate your surroundings. Take yourself off auto-pilot!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 3	Try something new! Take a new route to work. Sleep on the opposite side of the bed. Brush your teeth with your non-dominant hand. Take a class or workshop to learn a new skill. Eat a new food. Open your mind to new experiences!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 4	Be grateful. Take 1-2 minutes each day to write down what you are thankful for. Use a pen/paper instead of a tech device. You may find you'll start looking for things to record throughout the day!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
									Total Days _____