

30-Day Mindfulness Challenge

Mindfulness is simply paying attention in the present moment. It is being aware and engaged in the present moment-to-moment experience, both inwardly and outwardly. It's important to pay attention with all 5 of your senses during the mindfulness activities. Be present with what you're seeing, feeling, smelling and tasting.

- Day 1 Practice kindness – take time to think pleasant things about others for 15-30 seconds
- Day 2 Take a break from technology - replace some of your screen time today with something that makes you feel more present
- Day 3 Record moments of happiness - write down happy moments as you feel it for 5-10 minutes
- Day 4 Listen to songs that make you happy - notice how different songs make you feel
- Day 5 Connect with family or friends - how does it make you feel to catch up with family or friends?
- Day 6 Focus on your breath - sit still, eyes closed or open, and concentrate on your inhale and exhale for 1 minute, 5x a day
- Day 7 Cultivate humility – embrace your humanness and grow your self-awareness. Write down 5 things to be grateful for
- Day 8 Read inspirational content - read uplifting, inspiring and positive books or articles
- Day 9 Smile in the mirror – give yourself positive affirmations, make peace with your insecurities and forgive yourself for having them
- Day 10 Practice sleep mediation – start by meditating for 3-5 minutes before bed. Remove all distractions from your room, including your phone. Lie down in a comfortable position and focus on your breathing
- Day 11 Evening gratitude journaling - write down the day's things you are grateful for
- Day 12 Declutter one space - organize your clutter
- Day 13 Practice mindful driving - no noise, notice your surroundings
- Day 14 Stand, stretch and get moving - stand up, stretch your muscles and move around for a few minutes each hour
- Day 15 Take a music break - actively listen to music for a few minutes during your day
- Day 16 Take a break from television - turn off the television for a day
- Day 17 Stop multitasking - complete one item on your to-do list at a time
- Day 18 Practice a morning breathing exercise – breathe deeply for 30 seconds to one minute
- Day 19 Have a mindful shower - imagine the water washing away negativity and notice how it makes you feel
- Day 20 Define three daily goals - write down three things you need to do today
- Day 21 Recite positive affirmations - in the morning speak to yourself, who and how you want to be, using present tense
- Day 22 Put your phone away when eating dinner
- Day 23 Connect with nature - spend a few minutes outside
- Day 24 Engage in handwork - find ways to use your hands: needlework, carving quilting, art, woodworking, etc.
- Day 25 Practice a “shut-down” ritual 30 minutes before bed
- Day 26 Walking meditation - connect with the environment
- Day 27 Take a mental mini-vacation - visualize your perfect relaxation spot
- Day 28 Practice outcome-directed thinking - think about what you would like the desired outcome to be rather than perceived problems
- Day 29 Write down your achievements at the end of the day
- Day 30 Tune in to your moods - evaluate your feelings and work to change them

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Take the leap, start a 30-day mindfulness challenge by following the Mindfulness activity each day listed. Enjoy the journey!

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7 Cultivate humility	8 Read inspirational content	9 Smile in the mirror	10 Practice sleep meditation	11 Evening gratitude journaling	12 Declutter one space
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