

# Mindfulness

## 30-Day Mindfulness Challenge

- 1 Practice using your senses - taste, touch, smell, and hearing. This is going to keep you aware of what's going on around you.
- 2 Do one task at a time and keep your focus on whatever you are doing.
- 3 Sit quietly for 10-20 minutes. No watching TV. No talking. No looking at your phone. Just sit and be.
- 4 Appreciate everything today. Notice everything that happens and find a way to appreciate it.
- 5 Take a break from your evening routine today. For example, if you normally watch TV, then read or play games or go for a walk.
- 6 Be curious today. Practice being interested in what is going on and putting your attention towards learning more about it.
- 7 Find a breathwork meditation on YouTube and do it.
- 8 Do something that you really enjoy doing but haven't done in a while.
- 9 Do something that you don't like doing, but have to do, with a new outlook, such as curiosity, optimism, or even joy.
- 10 Set a reminder on your phone to be mindful at a certain time. Or put up a sticky note where you want to be reminded to be mindful.
- 11 Take advantage of times you need to wait and be mindful by focusing on your senses and breath.
- 12 Pull out your journal or a pen and paper and spend 15 or more minutes writing about your mindfulness challenge so far.
- 13 Be online as little as possible today. If you can, try not to get on your phone or computer at all today and allow yourself the joy of living YOUR life without distractions.
- 14 Take a walk. Notice everything around you.
- 15 Practice empathy towards someone who normally makes you upset.
- 16 Pay attention to all your meals today. Eat at the kitchen table. Smell your food. Chew slowly.
- 17 Remember: **This too shall pass.** Everything passes and without mindfulness, the memory of it passes too.
- 18 Look for things you don't normally look for. You will be amazed what's around you that you don't normally see.
- 19 Make today all about humor. Find funny movies, tell funny jokes, listen to funny people - laugh as much as possible today.
- 20 Create something today. A drawing, a piece of writing, a painting, or anything else. Spend some time creating in the moment.
- 21 Do something new at home today. You can clean out something, cook something you don't normally cook, or anything else.
- 22 Spend some time accepting where you are today in life. Allow it all to be OK for now and give yourself permission to stop being captive to wanting more.
- 23 Find someone who specializes in mindfulness and follow them. As they put out content, you will learn more about mindfulness and solidify the practice in your life.
- 24 Practice paying attention to your intuition today whenever a decision is required. Notice in hindsight how on or off your intuition is.
- 25 Find an article talking about why mistakes and failures are good for you. Take it to heart so that you can spend less time focusing on the past.
- 26 Take a 5 minute quiet pause between every task today. Allow yourself to be mindful and reset before moving on.
- 27 Before doing any task today, ask yourself what is your reason for doing the task and contemplate it for a moment.
- 28 Eat when hungry today. Ignore your normal schedule to give yourself the chance to be mindful of your body's cues.
- 29 Practice active listening today. This means focusing on what the other person is saying and responding in a way that is appropriate.
- 30 Find and start reading a mindfulness book or taking a mindfulness course to help you keep up your daily mindful practice.