

30-DAY MINDFULNESS CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<i>Spend 5 minutes focusing on your breath.</i>	Practice a 10-minute body scan meditation.	<i>Savor one meal without distractions.</i>	<i>Write down 3 things you're grateful for.</i>	<i>Spend 10 minutes practicing mindful walking.</i>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<i>Engage in a conversation with active listening.</i>	<i>Spend 10 minutes practicing loving-kindness meditation.</i>	<i>Spend 10 minutes stretching and focusing on your body.</i>	<i>Spend an hour without screens.</i>	<i>Take note of 5 things you can see, hear, touch, taste, and smell.</i>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Extend your meditation practice to 10 minutes.	Practice non-judgmental and empathetic communication.	Practice non-judgmental observation of your thoughts.	Spend a day consciously observing your emotions.	Practice self-compassion in response to negative emotions.
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Engage in 20 minutes of mindful exercise (e.g., yoga, tai chi, dance).	List 3 things that bring you joy and engage with one of them.	Spend 15 minutes engaging in a creative activity mindfully.	Choose a household chore and complete it mindfully.	Spend 20 minutes outdoors, observing your surroundings mindfully.
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Increase your meditation time to 20 minutes.	Reflect on ways to bring mindfulness into your relationships.	Perform a random act of kindness.	Engage in a work task with complete mindfulness.	Spend a day observing your judgments without acting on them.
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Identify something you need to let go of and practice releasing it.	Contemplate the impermanence of life and its impact on your perspective.	Practice forgiving yourself and others.	Set a mindful intention for the day.	Reflect on your 30-day journey and identify ways to maintain your mindfulness practice.