

Mindfulness: 7-Day Challenge

This simple challenge is designed to help you build mindfulness into your daily life. Check off each day as you go, and take a moment to notice how you feel along the way.

- **Day 1 – Mindful Breathing:** Spend 5 minutes focusing only on your breath. Inhale, exhale, and notice the sensations.
- **Day 2 – Gratitude Pause:** Write down three things you're grateful for today, no matter how small.
- **Day 3 – Mindful Eating:** Choose one meal and eat it without distractions—no phone, no TV, just awareness of taste and texture.
- **Day 4 – Body Scan:** Take 10 minutes to notice your body from head to toe. Release tension where you find it.
- **Day 5 – Mindful Walking:** Go for a short walk and focus on your surroundings—the sounds, the colors, the feel of the air.
- **Day 6 – Digital Detox Break:** Spend one hour away from screens and notice how it feels.
- **Day 7 – Reflection:** Take a few minutes to journal about what you experienced this week. Did anything feel different?

Tip: Keep this sheet somewhere visible during the week as a gentle reminder to pause, breathe, and stay present.