

Mindfulness Challenge



How it Works

For 7 days, this challenge offers an opportunity to help individuals live mindfully. With each day, participants will add a new activity to their mindfulness toolbox. They'll also be able to continue with the previous days' activities as well. By the end of the week, participants will have several ways to practice mindfulness throughout the day

Engagement Ideas

- Email the challenge printable
- Raffle off books on mindfulness
- Share a list of [positive thinking quotes](#)
- Send out email reminders to “Just Breathe”
- Host a yoga instructor for a breathing class



“Mindfulness is a way of befriending ourselves and our experience.”

— Jon Kabat-Zinn

7-Days of Mindfulness



Take the next seven days to embrace the concept of mindfulness. Every moment you have, put yourself fully into it. This mini challenge will help you find the joy in being fully present.

Day 1: Notice the Stillness

Before you even start your day or get out of bed, take a full minute or two and enjoy the quiet. Notice how the sheets feel on your skin. Listen to your breath. Note what it feels like to simply be in stillness and quietness. How is it different from how you normally begin your days?

Day 2: Set Your Daily Intention

A daily intention is an excellent way to help you laser-focus on what you want to accomplish for the day. By setting an intention, it helps you set a positive mindset to commit to that day's goals. You can write down your intention (putting it to paper can make you feel more invested) or meditate on it for a moment or two.

Daily intention examples may include:

- Today, I plan to eat healthy.
- Today, I commit myself to X work goal.
- Today, I will workout on my lunch break.
- Today, I commit to showing acts of kindness.
- Today, I dedicate my time to working on X project.

Consider setting your intention as early in the morning as you can. This helps you get into the zone to focus fully on your daily intention before the day's hustle and bustle can distract you.

Day 3: Practice Breathing

Throughout the day, there are plenty of opportunities to take deep and relaxing breaths. Whether you're stuck in a traffic jam or waiting for the elevator to open, take a moment to fully breathe in and out. Notice tension leave your shoulders. How does your body feel after an active approach to breathing deeply?

Day 4: Skip Multitasking

Multitasking is a thief of being mindful. It spreads your attention and energy over multiple areas, creating anxiety and overwhelm quickly. When you intentionally focus on one activity at a time, it makes it easier to get it done efficiently and helps you fully focus. Consider ways you can eliminate the urge to multitask. Can you close your email inbox for a few hours? Can you log out of your social media pages? Can you put your phone on silent or hold all calls for the morning?

Day 5: Take a 4-Step Assessment

Throughout the day, it can be easy to feel overwhelming emotions creep in. If you are on deadline, leading a new project, starting a new job, experiencing new parenthood, or any number of life situations, anxiety and stress may follow. Once an hour (or even once a day), consider taking a quick break to assess your situation. This can be particularly helpful when you feel stressed out.

Take a moment to notice four areas:

- **Body** - Are you feeling tense? How is your body positioned? Is your posture creating pain?
- **Emotions** - Which emotions seem to be bubbling up most prominently? Are you feeling sad, angry, calm, happy, frustrated, or mad?
- **Thoughts** - What is on your mind?
- **Setting** - Where are you this very moment?

After quickly assessing those four areas, take a deep breath. If you need some guidance, check out [our easy breathing exercises](#) that can be done anywhere, anytime.

Day 6: Slow Down While Eating

If you normally rush through your meals, take the time to savor each bite. Set your fork down. Talk to whoever is sitting with you at your table. Sip water between bites. Put your phone away. Eat with the opposite hand you normally use. Notice fullness when it starts. How does it change the way you enjoy your meal?

Day 7: Go Gadget Free

Unplug for the day. No email, phone, television, or any type of electronics. Notice how you fill your time with other activities. How does it feel? Do the activities feel more meaningful? Do you feel more productive?