

# 30 Days of Calm

## CHALLENGE DETAILS:

If you want to incorporate more mindful moments into your life, we invite you to join us for 30 Days of Calm.

This is a fun and easy way to explore integrating mindfulness into your daily routine. Each day, you'll be asked to connect with yourself or engage with the community, allowing you to prioritize moments of peace and joy.

1. Aim to complete the activity each day, earning one point for each completion.

2. Check off each day as you complete the activity. To successfully complete the challenge, accumulate at least 15 points.

3. Celebrate your success!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>WEEK 1</b> <i>Breathing Easy</i>	<input type="checkbox"/> Take five deep breaths.	<input type="checkbox"/> Spend five minutes outside.	<input type="checkbox"/> Listen to calming music.	<input type="checkbox"/> Stretch for five minutes.	<input type="checkbox"/> Write down three things you are grateful for.	<input type="checkbox"/> Take a short walk.	<input type="checkbox"/> Sit quietly for five minutes.
<b>WEEK 2</b> <i>Mindful Moments</i>	<input type="checkbox"/> Drink a cup of tea or water slowly.	<input type="checkbox"/> Watch the clouds for five minutes.	<input type="checkbox"/> Draw or doodle for fun.	<input type="checkbox"/> Smell a flower or some fresh fruit.	<input type="checkbox"/> Close your eyes and listen to the sounds around you.	<input type="checkbox"/> Write a kind note to yourself.	<input type="checkbox"/> Read a few pages of a good book.
<b>WEEK 3</b> <i>Happy Thoughts</i>	<input type="checkbox"/> Smile at three people.	<input type="checkbox"/> Think of a happy memory.	<input type="checkbox"/> Say thank you to someone.	<input type="checkbox"/> Look at a photo that makes you smile.	<input type="checkbox"/> Spend time with a pet.	<input type="checkbox"/> Tell someone a joke.	<input type="checkbox"/> Watch a funny video.
<b>WEEK 4</b> <i>Relax and Reflect</i>	<input type="checkbox"/> Take a warm bath or shower.	<input type="checkbox"/> Write about your day in a journal.	<input type="checkbox"/> Meditate for five minutes.	<input type="checkbox"/> Enjoy your favorite snack mindfully.	<input type="checkbox"/> Do a puzzle or play a game.	<input type="checkbox"/> Try a new hobby or craft.	<input type="checkbox"/> Spend 10 minutes in nature.
<b>WEEK 5</b> <i>Relax and Reflect</i>	<input type="checkbox"/> Call or visit a friend.	<input type="checkbox"/> Reflect on the month.					

NAME: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

