

## 30 Days of Calm

## CHALLENGE DETAILS:

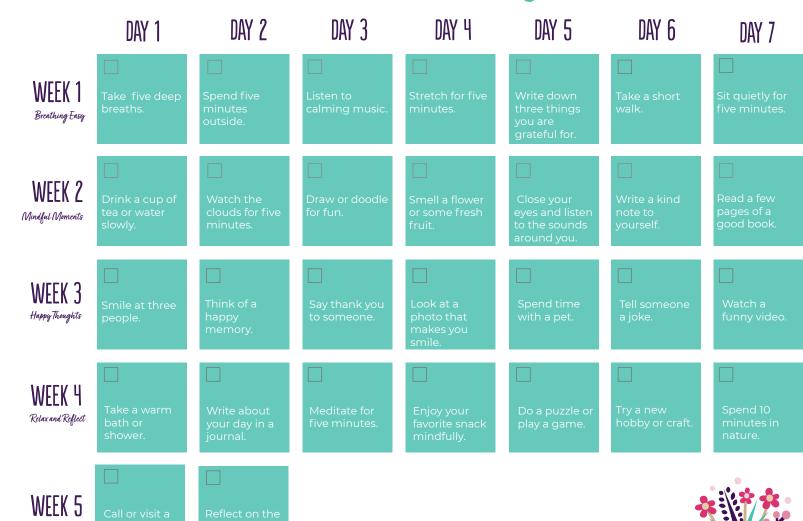
If you want to incorporate more mindful moments into your life, we invite you to join us for 30 Days of Calm.

This is a fun and easy way to explore integrating mindfulness into your daily routine. Each day, you'll be ask 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.

Relax and Reflect

3. Celebrate your success!



NAMF:

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

Sprinkle

mindfulness into