



# 30 DAY MINDFULNESS CHALLENGE

*By Gumleaf Serenity*

# 30-Day Mindfulness Challenge

<p><b>Day 1</b></p> <p>Before going to sleep, write down 3 things you have really appreciated from the day today</p>	<p><b>Day 2</b></p> <p>Walk for 10 minutes today, without looking at your phone, focused on your surroundings</p>	<p><b>Day 3</b></p> <p>Without any judgement or criticism, count how many time your mind gets distracted today</p>	<p><b>Day 4</b></p> <p>Every time your phone vibrates or ping today, pause and follow one breath before looking at it</p>	<p><b>Day 5</b></p> <p>Brush your teeth with you non-dominant hand today to help encourage attention</p>
<p><b>Day 6</b></p> <p>De-clutter part of your house or office today, helping the mind to feel calmer and clearer</p>	<p><b>Day 7</b></p> <p>Drink a mindful cup of coffee or tea today, free from other distractions, focused on taste and smell</p>	<p><b>Day 8</b></p> <p>Move email and social media app to the second page of your phone today</p>	<p><b>Day 9</b></p> <p>Notice the sensation as you change posture today from standing to sitting and sitting to standing</p>	<p><b>Day 10</b></p> <p>Without forcing it, ask someone how they are today and listen to the reply free from opinion</p>
<p><b>Day 11</b></p> <p>Commit to no screen time for 2 hours before going to bed today, other than playing the sleep exercise</p>	<p><b>Day 12</b></p> <p>Pause for 60 seconds to follow the breath each time you enter or exit the car/bus/train today</p>	<p><b>Day 13</b></p> <p>Sit down and listen to a favorite song or piece of music today, whilst doing nothing else at all</p>	<p><b>Day 14</b></p> <p>Take 5 x 2 minute breaks today and simply follow the breath, as you do in your meditation</p>	<p><b>Day 15</b></p> <p>Rather than text someone today, call them instead and have a proper conversation</p>
<p><b>Day 16</b></p> <p>Check the kids sleeping before going to bed and follow three of their deep breaths</p>	<p><b>Day 17</b></p> <p>Reset your posture each time you sit down today, gently straightening your back</p>	<p><b>Day 18</b></p> <p>Give heartfelt thanks to someone today who has recently helped you in some way</p>	<p><b>Day 19</b></p> <p>Turn off all notifications on your phone today</p>	<p><b>Day 20</b></p> <p>Eat one meal alone today, without any distraction at all, focusing just on the taste and smell</p>
<p><b>Day 21</b></p> <p>Take one full breath (both in and out) before pressing send any email or social post today</p>	<p><b>Day 22</b></p> <p>Commute without music today, just for one day, and see how much more you notice</p>	<p><b>Day 23</b></p> <p>Buy someone a coffee/cake/tea today, for no reason and without expectation of thanks</p>	<p><b>Day 24</b></p> <p>Get some exercise today, without your phone, and focus on the physical sensation today</p>	<p><b>Day 25</b></p> <p>Take 3 x 30 minute breaks from the phone today, set a timer if you need to</p>
<p><b>Day 26</b></p> <p>Take one square of chocolate today and allow it to melt in the mouth, enjoying without chewing</p>	<p><b>Day 27</b></p> <p>Write a handwritten card/letter to a good friend you have not seen in a long time</p>	<p><b>Day 28</b></p> <p>Do something playful, whatever makes you laugh or smile, at least one time today</p>	<p><b>Day 29</b></p> <p>When you get to work, or arrive home today, pause and follow 10 breaths before entering</p>	<p><b>Day 30</b></p> <p>Carry some loose change today and share it with people on the street who need it more</p>

# Day 1

Before going to sleep, write down 3 things you have really appreciated from the day today

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# Day 2

Walk for 10 minutes today, without looking at your phone, focused on your surroundings

During my walk I smelt 3 things

During my walk I noticed 3 things

During my walk I saw 3 colours

During my walk I touched 3 textures



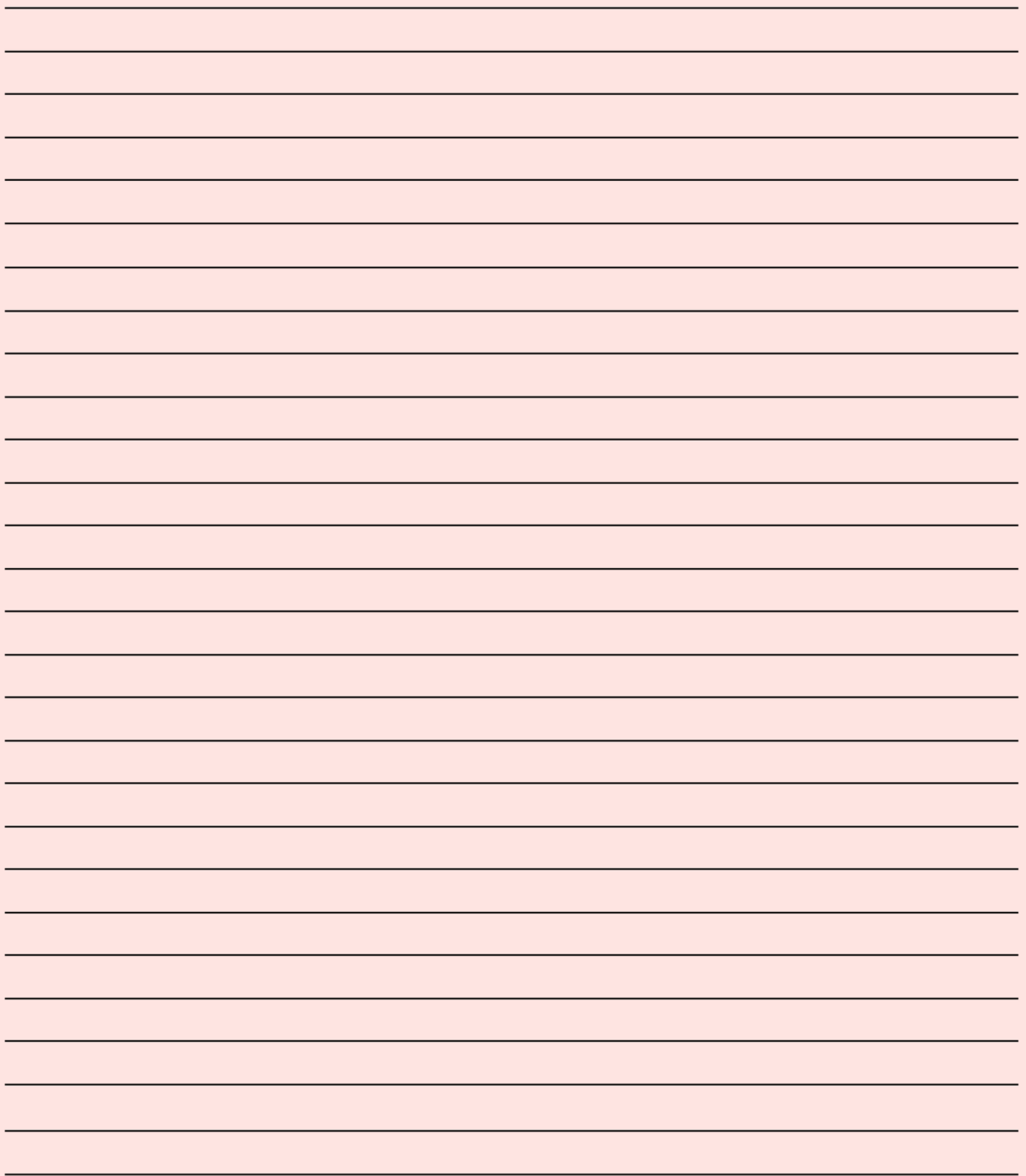
# Day 4

Every time your phone vibrates or ping today, pause and follow one breath before looking at it

A large rectangular area with a light pink background and horizontal black lines, intended for writing notes.

# Day 5

Brush your teeth with you non-dominant hand today to help encourage attention



A large rectangular area with a light pink background and horizontal black lines, intended for writing or drawing.

# Day 6

De-clutter part of your house or office today, helping the mind to feel calmer and clearer

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# Day 9

Notice the sensation as you change posture today from standing to sitting and sitting to standing

Sensation from standing to sitting

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Sensation from sitting to standing

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# Day 10

Without forcing it, ask someone how they are today and listen to the reply free from opinion

What was their answer?

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# Day 11

Commit to no screen time for 2 hours before going to bed today, other than playing the sleep exercise

## Night time routine

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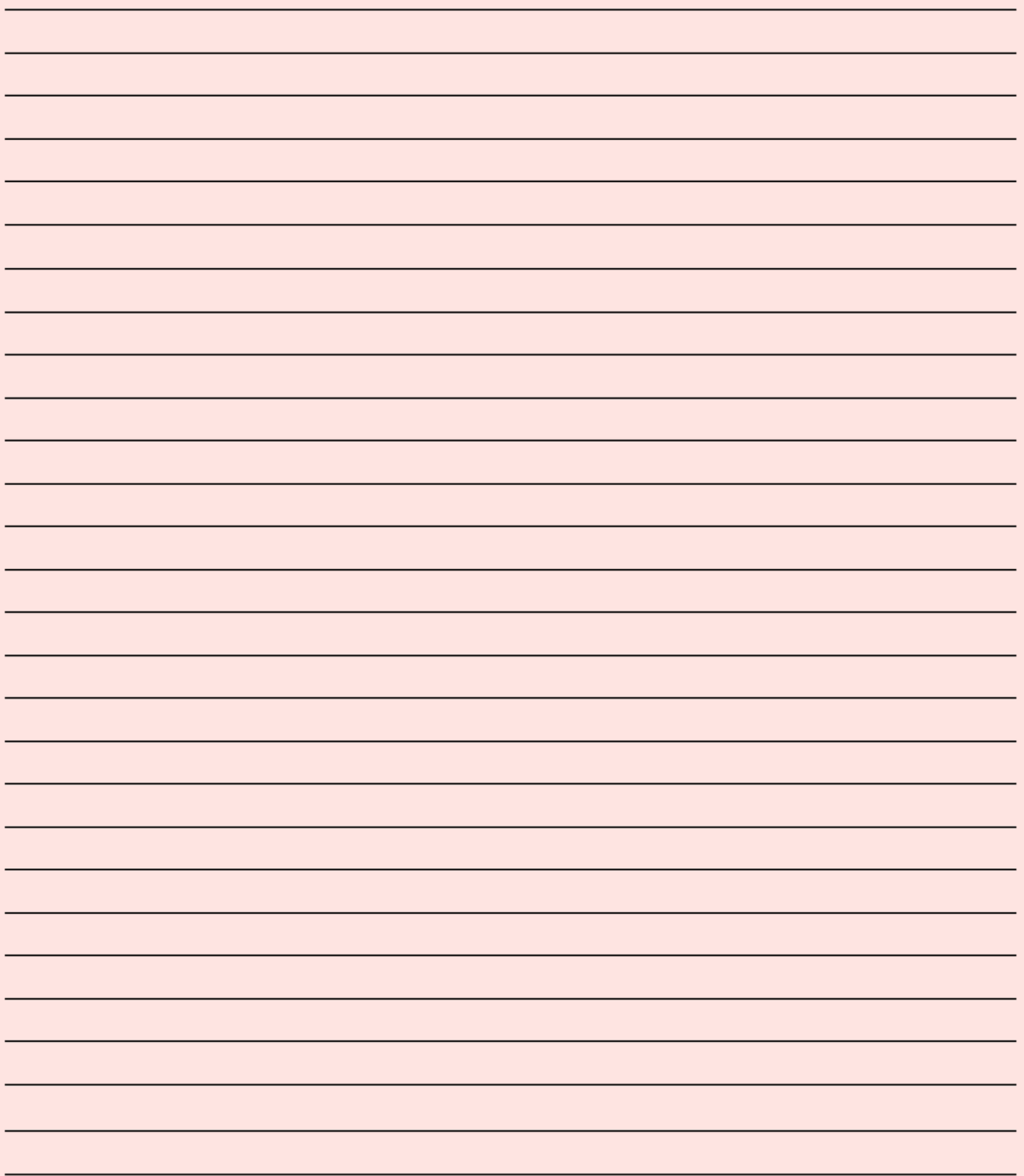
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## Sleeping exercise

- 1.empty the lungs of air.
- 2.breathe in quietly through the nose for 4 seconds.
- 3.hold the breath for a count of 7 seconds.
- 4.exhale forcefully through the mouth, pursing the lips and making a “whoosh” sound, for 8 seconds.
- 5.repeat the cycle up to 4 times.

# Day 12

Pause for 60 seconds to follow the breath each time you enter or exit the car/bus/train today



A large rectangular area with a light pink background and horizontal black lines, intended for writing notes.

# Day 13

Sit down and listen to a favorite song or piece of music today, whilst doing nothing else at all

What songs you listened to?

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Did you feel relaxed?

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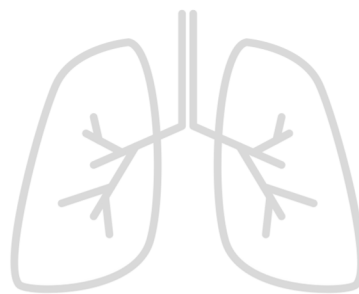
# Day 14

Take 5 x 2 minute breaks today and simply follow the breath, as you do in your meditation

inhale 2...3...4...

rest 2...3...4...

breath



hold 2...3...4...

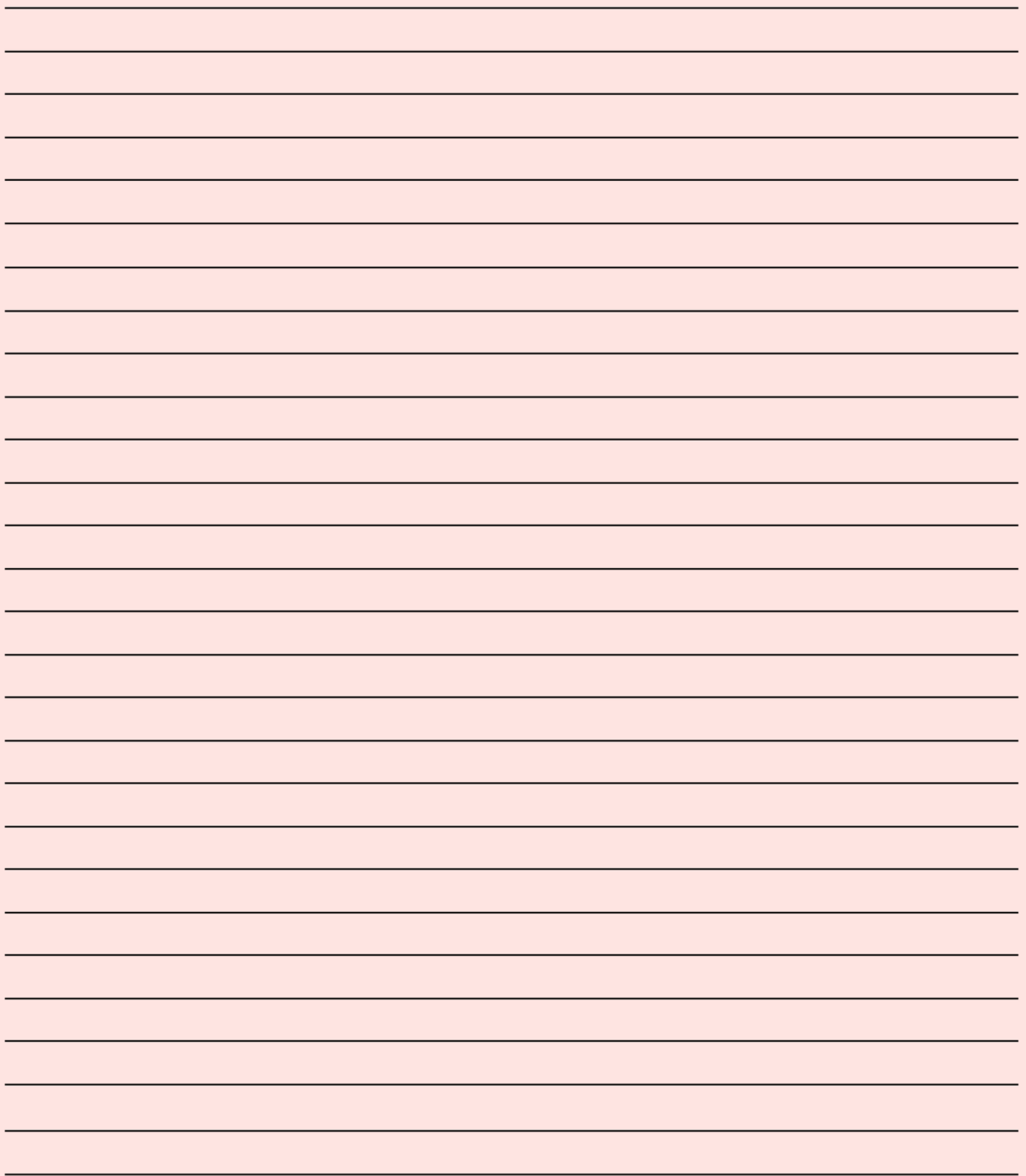
exhale 2...3...4...





# Day 17

Reset your posture each time you sit down today,  
gently straightening your back



A large rectangular area with a light pink background and horizontal black lines, intended for writing or notes. The lines are evenly spaced and extend across the width of the area.

# Day 18

Give heartfelt thanks to someone today who has recently helped you in some way

Who did you thank?

What were their feelings?

What was their reaction?

Did you feel happy after thanking them?



# Day 20

Eat one meal alone today, without any any distraction at all, focusing just on the taste and smell

What did you ate?

Write down the 3 main ingredients in the meal

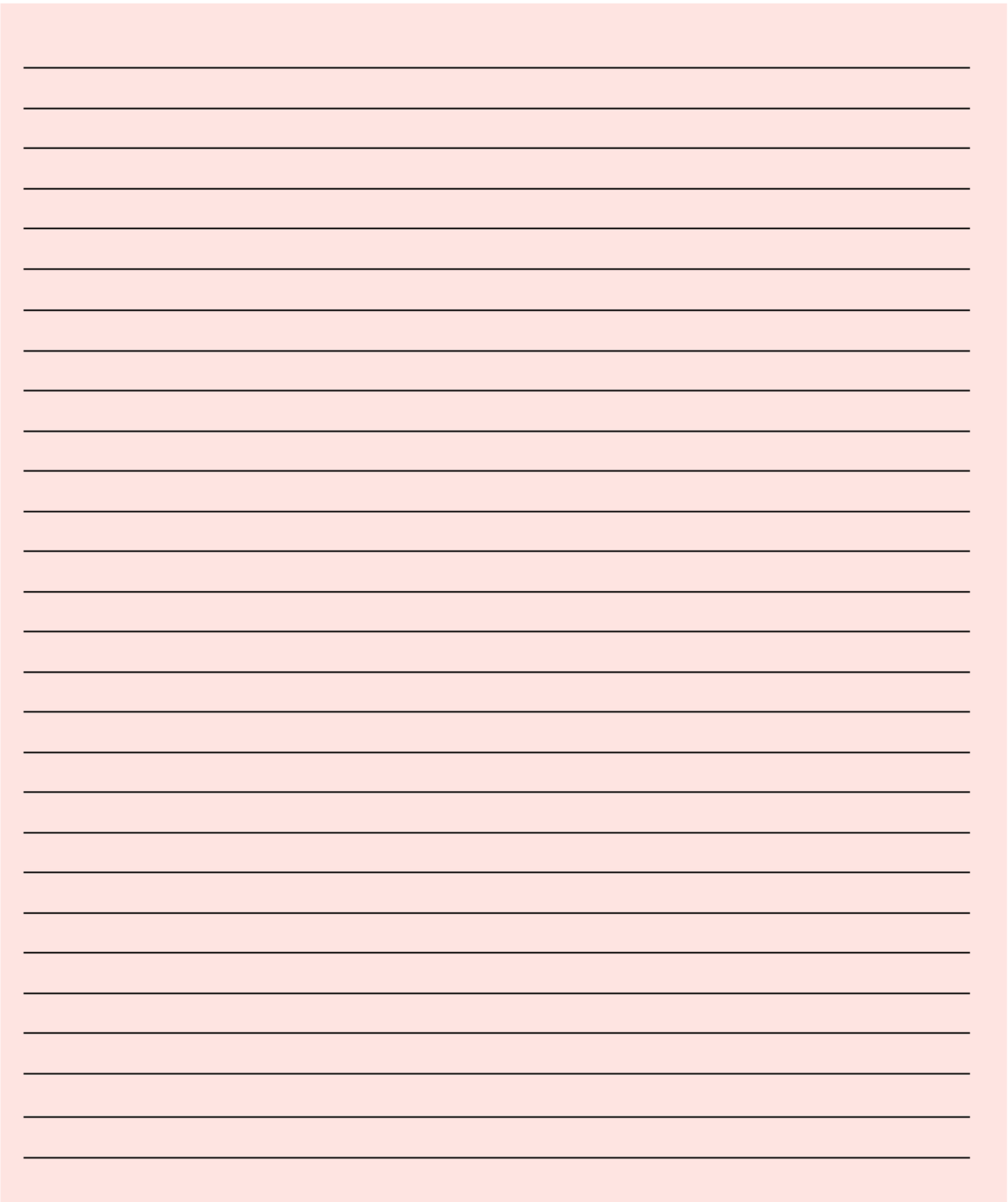
Write down 3 spices you tastes

Try to explain the smell of the meal



# Day 22

Commute without music today, just for one day, and see how much more you notice



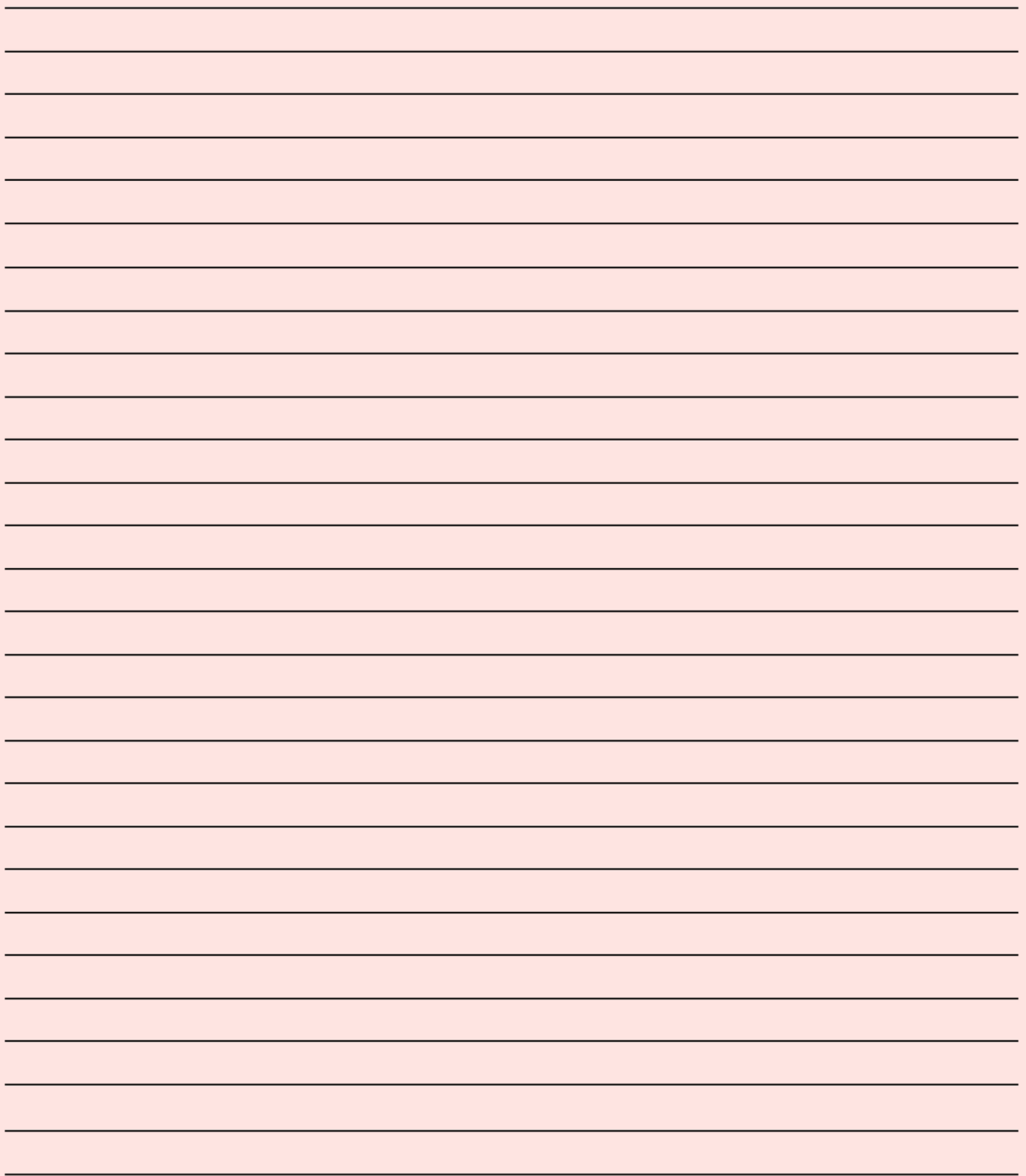
A large rectangular area with a light pink background and horizontal black lines, intended for writing notes.





# Day 25

Take 3 x 30 minute breaks from the phone today, set a timer if you need to

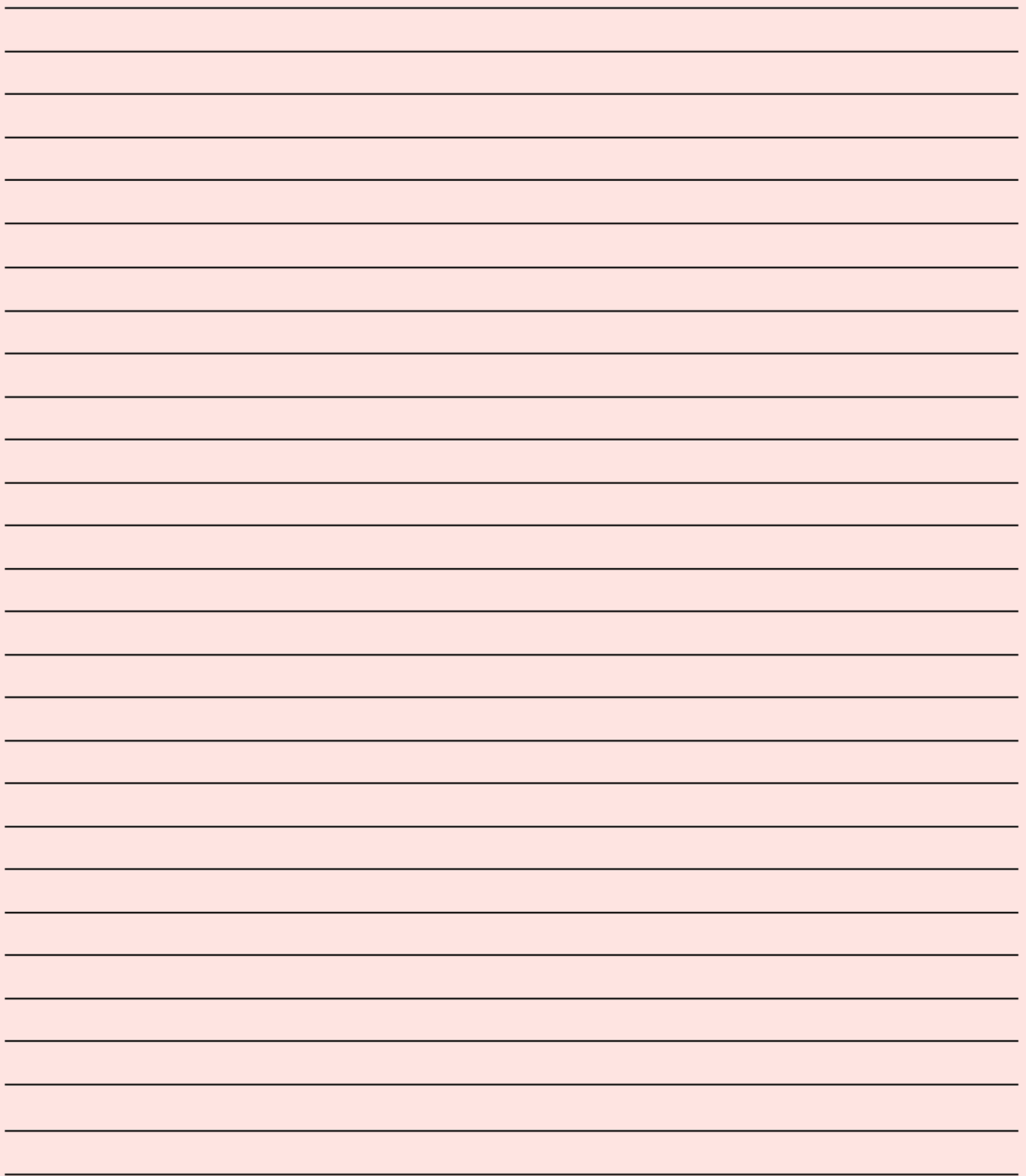


A large rectangular area with a light pink background and horizontal black lines, intended for writing notes.



# Day 27

Write a handwritten card/letter to a good friend you have not seen in a long time

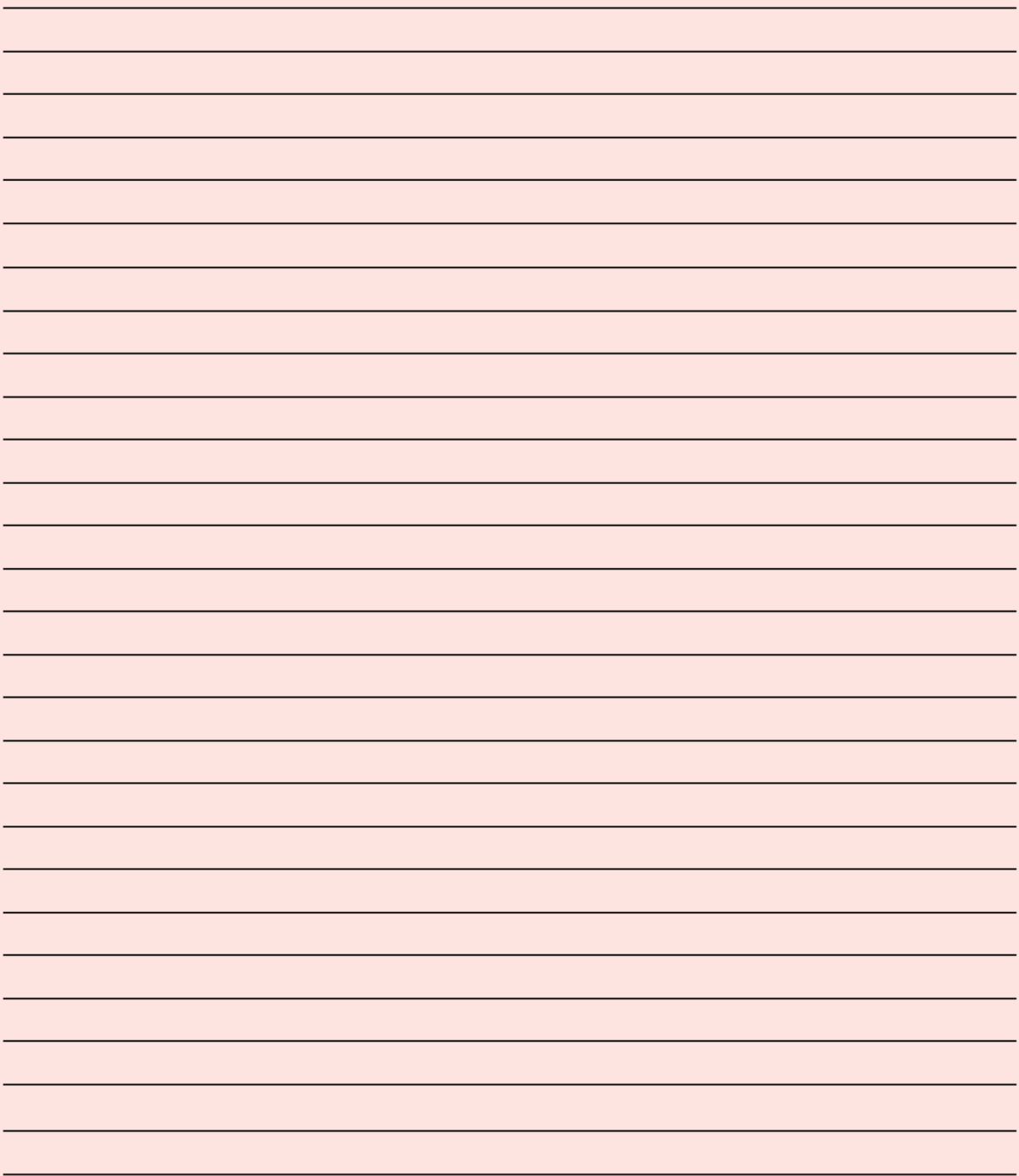


A large rectangular area with a light pink background and horizontal black lines, intended for writing a handwritten card or letter.



# Day 29

When you get to work, or arrive home today, pause and follow 10 breaths before entering



A large rectangular area with a light pink background and horizontal black lines, intended for writing notes.



