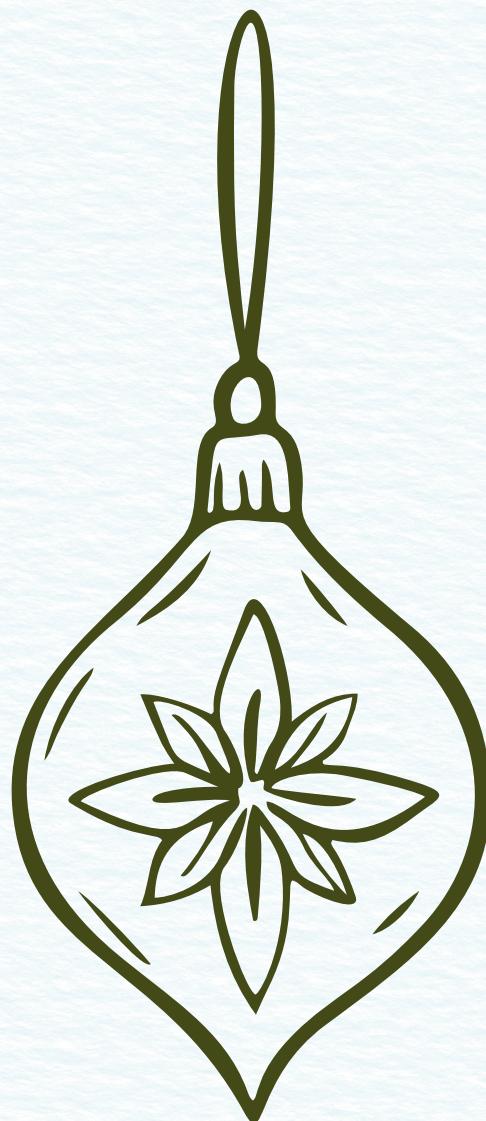


Mind Your MomentsTM

7-Day Mindfulness Challenge

Small pauses. Gentle awareness. Real calm.



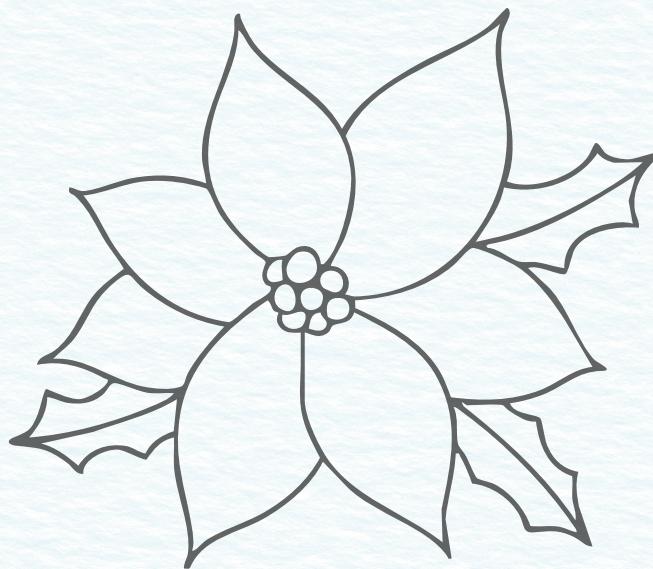
MIND YOUR CO.

Welcome

This 7-Day Mindfulness Challenge is a gentle invitation to slow down, reconnect with yourself, and bring more awareness into your everyday moments.

You don't need extra time, special tools, or perfect focus. Each day offers a small, supportive practice you can return to whenever you need calm.

There is no right or wrong way to do this challenge. If you miss a day, simply begin again.



How This Challenge Works

- Each day takes 5–10 minutes
- You can complete this challenge at your own pace
- All you need is a moment of presence
- The goal is awareness, not perfection

*Mindfulness isn't about clearing your mind.
It's about meeting yourself with kindness.*



Day 1

Arrive Where You Are

Theme: Awareness without judgment

Practice

Pause wherever you are.

Take three slow breaths.

Ask yourself:

- What am I feeling right now?
- What does my body need in this moment?

There's nothing to fix. Simply notice.

Reflection Prompt

"Right now, I am feeling _____ and that's okay."

Day 2

Breathe With Intention

Theme: Nervous system regulation

Practice

Try this breathing rhythm:

- Inhale for 4
- Exhale for 6

Repeat for 5–7 breaths.

Longer exhales gently tell your body that it's safe to slow down.

Reflection Prompt

“After slowing my breath, I notice _____.”

Day 3

Be Present in One Ordinary Moment

Theme: Mindfulness in daily life

Practice

Choose one everyday activity:

- Drinking tea or coffee
- Washing your hands
- Walking
- Stretching

Do it without multitasking.

Notice sensations, sounds, and movement.

Reflection Prompt

“When I slowed down, I noticed _____.”

Day 4

Ground Through the Senses

Theme: Returning to the body

Practice

Use the 5-4-3-2-1 grounding exercise:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Reflection Prompt

“Grounding helped me feel more _____.”

Day 5

Speak Kindly to Yourself

Theme: Self-compassion

Practice

Place a hand on your chest.

Silently or aloud, say:

- “I’m doing the best I can.”
- “I don’t need to be perfect to be worthy.”
- “It’s okay to go gently today.”

Reflection Prompt

“Today, I needed to hear _____.”

Day 6

Create a Gentle Pause

Theme: Rest without guilt

Practice

Choose one:

- Sit in silence
- Listen to calming music
- Step outside
- Stretch slowly

Allow yourself to rest without needing to earn it.

Reflection Prompt

“Rest feels _____ when I allow it.”

Day 7

Reflect & Carry It Forward

Reflect & Carry It Forward

Practice

Reflect on the past week:

- What felt most supportive?
- What surprised you?
- What would you like to continue?

Reflection Prompt

“This week taught me _____.”

“One gentle habit I want to keep is _____.”

A Gentle Reminder

Mindfulness is not something you achieve.

It's something you return to.

Again and again.

Stay Connected ✨

If this challenge supported you, continue your journey with Mind Your Co.:

- Daily mindfulness & self-care journals
- Gentle affirmation card decks
- Guided prompts & calm starter kits

 Join the Mind Your Co. community for more gentle guidance.