

30-Day Mindfulness Challenge

Day 1: Take 3 slow, conscious breaths before opening your email.

Day 2: Notice 3 things in your environment you've never seen before.

Day 3: Spend 5 minutes outside and observe the sky.

Day 4: Write down one thing you're grateful for.

Day 5: Step outside and notice 3 sounds you hear.

Day 6: Drink a glass of water slowly and with intention.

Day 7: Sit quietly for 2 minutes and notice your breath.

Day 8: Name 3 emotions you felt today.

Day 9: Do a body scan from head to toe.

Day 10: Stretch for 3 minutes and notice how your body feels.

Day 11: Write a short note of encouragement to yourself.

Day 12: Journal 1 thing that made you smile today.

Day 13: Look at yourself in the mirror and say one kind thing.

Day 14: Choose one activity today to do mindfully.

Day 15: Put your hand on your heart and say 'I'm allowed to rest.'

Day 16: Eat one meal or snack today without distractions.

Day 17: Set a timer and enjoy 3 minutes of silence.

Day 18: Notice 3 textures around you.

Day 19: Compliment yourself out loud.

Day 20: Breathe in for 4, hold for 4, exhale for 6 - repeat 3 times.

Day 21: Take a mindful walk, even if it's just around the room.

Day 22: Write down one thing you're looking forward to.

Day 23: Let yourself feel whatever you're feeling without judgment.

Day 24: Make a list of 5 things that bring you comfort.

Day 25: Close your eyes and visualize a peaceful place.

Day 26: Declutter one small space while breathing slowly.

Day 27: Say no to something that drains you today.

Day 28: Turn off notifications for 30 minutes.

Day 29: Write about a memory that makes you feel strong.

Day 30: Celebrate finishing this challenge - you did it!