



MINDFULNESS

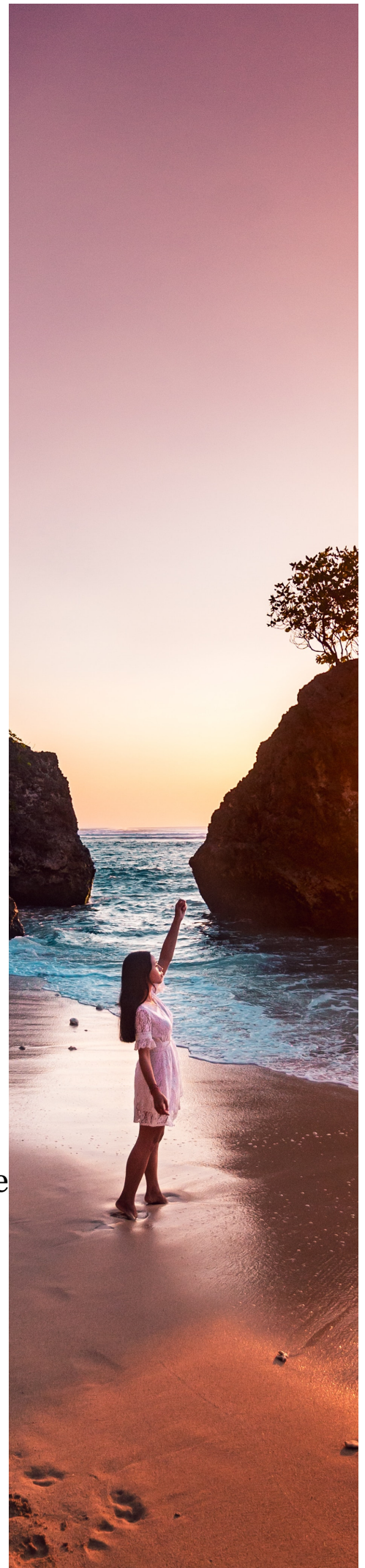
30 Day
challenge

7 Rules

The Ultimate List of Completely Free Things To Bring More Mindfulness Into Your Daily Life

A 30-day mindfulness challenge - 30 activities (tools & strategies) that reduce stress and anxiety, increase focus, boost productivity, decrease distractions, improve health and wellbeing, improve your mood, and increase happiness. Doesn't it sound great?!

- 01** Make it SIMPLE
- 02** Make it FUN
- 03** Be KIND to Yourself
- 04** If you don't like some activity don't force yourself to do it, just pick another one
- 05** Track your progress - write down your thoughts, observations and ideas
- 06** Celebrate all your achievements because they bring you closer to success
- 07** Remember that this 30-day mindfulness challenge is about self-improvement not about being perfect



30-day Mindfulness Challenge Activities

1. Define 3 daily goals derived from your long-term goals - set the top 3 activities (specific & manageable) for your day.
2. Write a powerful to-do list & Make it your daily guidance - prioritize your tasks, start your day with the most important task, and when you accomplish it move to another activity from your list
3. Drink more water - stay hydrated
4. Do a simple deep breathing exercise - close your eyes and focus on your breath, don't try to change the natural rhythm of your breath just breathe naturally - deep natural breathing can easily improve your mood and focus.
5. Notice your thoughts - be aware of your thoughts without judging them - observe them and write them down
6. Practice positive self-talk while smiling in the mirror
7. Notice your emotions - track your mood and the events of the day - it will help you to understand and manage your emotional triggers
8. Identify your top distractions and develop a plan to avoid them (turn off all notifications on your phone, stop checking your social media accounts every minute)
9. Practice the Pomodoro Technique - a famous time management method (get a Pomodoro kitchen timer, break down your tasks into 25-minute blocks of time, set the Pomodoro timer, and focus on your task!) - it's a great method to boost focus, improve productivity and eliminate procrastination.
10. Adopt a Growth Mindset - always look for opportunities to learn new things and new skills, challenge yourself, develop your abilities through practice, and cultivate your love for learning - (think big, start small BUT be consistent)
11. Create a Simple and Energizing Morning Ritual that will empower your day and boost your motivation - start simple and make it easy to succeed (do a breathing exercise, stretch, exercise, eat a healthy breakfast, take a quick shower, drink a delicious cup of coffee, drink lemon water, go for a walk, meditate, journal, listen to an inspirational podcast, watch motivational Ted Talks, read a blog post, listen to an energizing song)
12. Mindful Bedtime Rituals that will help you to refuel, relax and get a quality rest (stretch, meditate, make tomorrow's to-do list, read, listen to music, switch off the electronic devices, have a relaxing cup of tea)
13. Take a relaxing shower or bath using and focus on the sensations
14. Start writing a Journal - put your thoughts onto paper, declutter your mind, and free yourself from intrusive thoughts and difficult emotions
15. Do more Single Tasking - focus on one thing at a time, go a day without multitasking, work mindfully

30-day Mindfulness Challenge Activities

16. Practice being present in Conversation - listen carefully without thinking about your response, notice your interlocutor's body language, don't try to win" the argument, and let go of the need to get the last word. (Are you an attentive listener? Are you keeping eye contact with your interlocutor?)
17. Practice Mindful Eating - be fully present with the act of eating - prepare your favorite meal and eat it with all your senses (taste - how does it taste? sight - how does it look like? touch - what's the texture? smell - what's the aroma? sound - do you hear a crunch?)
18. Make a list of "really good things" that happened today - What are you great for today? - make it simple, it can be anything (beautiful weather, a nice small talk with a neighbor)
19. Reach out and help others - Being kind and helping others increase your own levels of self-confidence, self-love, and happiness
- 20 Clean your room/office/desk - declutter your external personal space and notice how cleaning the environment affects your mood
21. Exercise - engage in your favorite physical activity, feel the pull and stretch of muscles, feel the sweat on your skin
22. Connect with nature - go for a walk, hug a tree, feel the grass beneath your feet, heard birds singing, notice how contact with nature affects your mood
23. Practice Mindful Relaxation - engage in a pleasant activity, relax, and enjoy yourself
24. Do a Mindful Grocery Shopping - do a grocery list, read food labels, and learn about the ingredients (Mindful eating starts with mindful shopping)
25. Do a Digital Detox before bedtime - Not using devices before bed will help you to relax and prepare for a quality rest
26. Spend more quality time with your family and friends - be fully present, put your smartphone away, and focus on a conversation
27. Read a paper book, not an ebook or an audiobook BUT a physical book and while you're reading take notes
28. Do a 5-minute guided meditation
29. Embrace your inner child and boost your creativity - laugh without shame, color in pictures or mandalas, watch your favorite cartoons, ride a bike, rediscover your childhood hobby, build a puzzle)
30. DIY something - engage in handwork - it's fun, creative, relaxing, and a bit challenging - make a homemade body scrub, make homemade chocolate, paint a picture, do a photo collage, DIY a gift for your family member

30-DAYS MINDFULNESS CHALLENGE

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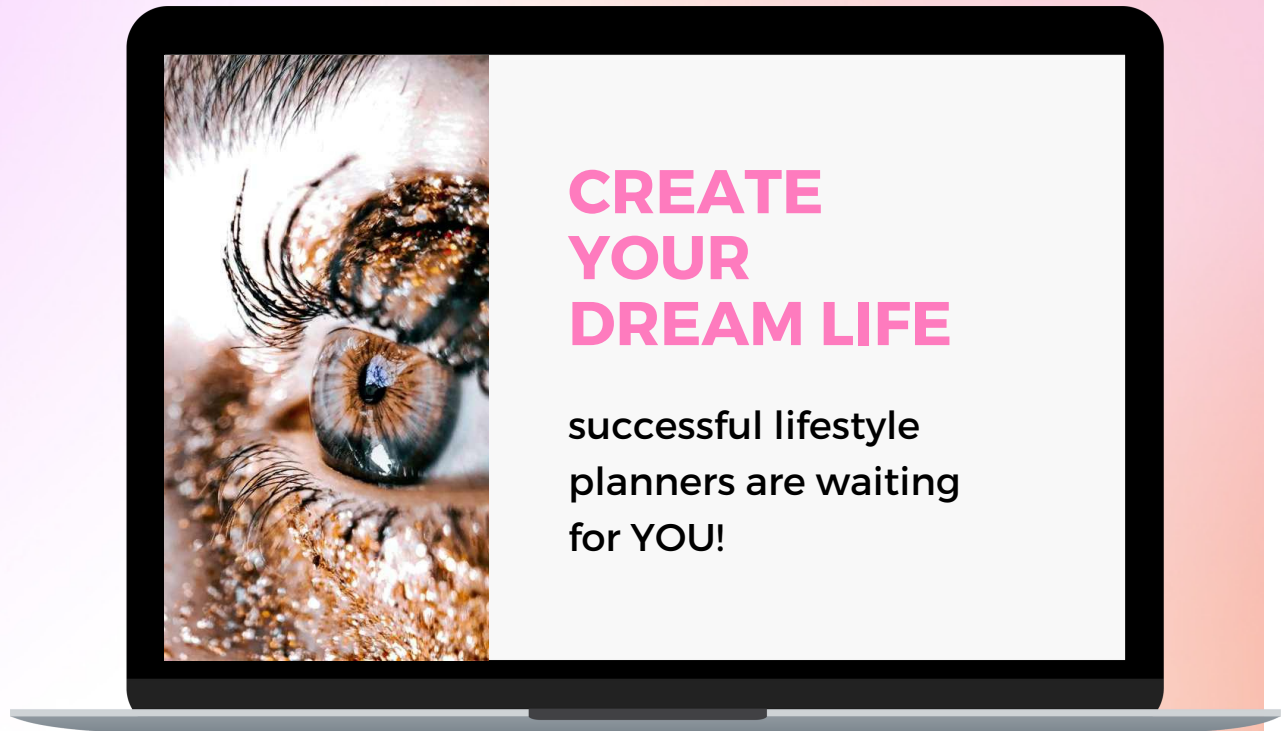
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SHOP planners



It's time to start living your best life

You do not need a **SPECIAL KNOWLEDGE** to make your dreams come true. You **JUST** need to get in touch with your **TRUE** self and use your **INNER POTENTIAL** to create your desired reality here & now.

There are no limitations, only self-inflicted obstacles that we need to overcome to finally live in abundance - our natural state.

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