

30 Days of MINDFULNESS



Go Outside. Spend 10 minutes looking and enjoying the beautiful things around you 1	Try a short Yoga Session 2	Learn about Mindfulness by watching a TED Talk 3	Read 10 pages in a Book 4	Journal. Make a list of 10 things you are grateful for 5
Get up early and watch the Sunrise 6	Ask yourself "What do I need today?" 7	Do something Kind for someone else 8	Call a friend who you haven't spoke to recently 9	Eat Lunch with someone different at work or school 10
Clean the surfaces in your bedroom Clutter = Stress 11	Turn off electronics for 24 hours Unplug 12	Take a Bath while listening to music 13	Take a Bath while listening to music 14	Meditate for 5 minutes 15
Look in the mirror and tell yourself you are AWESOME! 16	Visit with a Neighbor or Read to a child 17	Notice 3 things you can see 18	Watch the Sunset Notice the changing colors in the sky 19	Go to bed 1 hour early Clear your mind and relax 20
Be Kind to Yourself Today. You are amazing! 21	Pamper yourself Get a Massage or a Mani / Pedi 22	Give Service without being noticed 23	Practice Deep Breathing for 2 minutes 24	Practice Deep Breathing for 2 minutes 25
Do not Spend Money for 24 hours 26	Clean our your Inbox 27	Declutter an area of your house or office 28	Notice 3 things you can smell 29	Make a plan to continue your Mindfulness Journey 30