

7 DAY CHALLENGE

Mindful activities that complement the practice of gratitude

Set aside 5-10 minutes for deep, mindful breathing. Focus on the breath, and whenever your mind wanders, gently bring it back to the breath.

DAY 1

Spend 10 minutes doing a body scan meditation. Start from your toes and move upward, noticing any tension or sensations in each part of the body.

DAY 2

Perform a random act of kindness today (e.g., compliment someone, hold the door open, or send a kind message).

DAY 3

Go for a 10-15 minute walk outside, focusing on your surroundings. Notice the colors, sounds, and smells.

DAY 4

Choose one meal to eat mindfully today. Focus on the taste, texture, and smell of your food. Chew slowly, savoring each bite.

DAY 5

Choose a 2-hour block today to disconnect from all digital devices. Use this time for reflection, creativity, or relaxation.

DAY 6

Visualize something you are deeply grateful for. Picture it in your mind and focus on the feelings it brings up.

DAY 7