

The 28-Day Mindfulness Challenge

One short practice a day. Tick the day when you have done it, however it went.

Name: _____

Started on: _____

mindfulnessexercises.com/challenge/

DAYS 1 TO 14

- ☐ 1 One Complete Cycle of Breath
- ☐ 2 Three Mindful Breaths
- ☐ 3 Two Minutes of Mindful Breathing
- ☐ 4 The Power of Open Awareness
- ☐ 5 Wishing Ourselves and Others Well
- ☐ 6 The Body Scan
- ☐ 7 Gratitude
- ☐ 8 Focused Attention
- ☐ 9 Whole Body Breathing
- ☐ 10 Staying Open
- ☐ 11 Integrated Body Scan
- ☐ 12 Simply Stopping
- ☐ 13 Relieving Stress
- ☐ 14 Self Compassion

DAYS 15 TO 28

- ☐ 15 Sensory Awareness
- ☐ 16 Loving Kindness
- ☐ 17 Gratitude, Intermediate
- ☐ 18 Just Like Me
- ☐ 19 Concentration
- ☐ 20 Walking Meditation
- ☐ 21 Compassion
- ☐ 22 Focused Attention and Concentration
- ☐ 23 Loving Kindness, Intermediate
- ☐ 24 Leading With Purpose
- ☐ 25 Focused Attention and Open Awareness
- ☐ 26 Remembering Motivation
- ☐ 27 Body Scan, Intermediate
- ☐ 28 Positive Future

Three things that help

- Practice at about the same time each day, maybe before the phone.
- A missed day is part of the practice. Pick up where you are. Nothing restarts.
- Each day's page keeps your notes: mindfulnessexercises.com/challenge/day-1/ and so on.