

7 Day Challenge

MIND FULL TO MINDFULNESS



Day 1: Mindful Eating

Enjoy the meals
you eat.

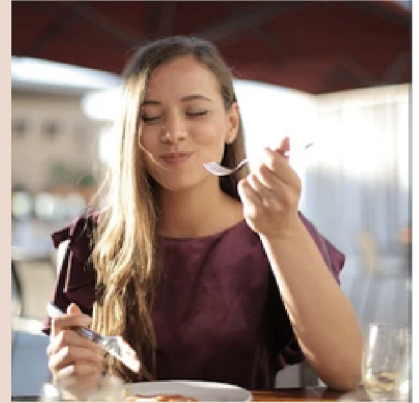
1. Drop the phone or that book you're reading and focus savoring the food you're eating.

2. Take a moment to observe slowly the appearance, color, and texture of your food.

3. Feel the food with your fingers, noticing its texture and temperature.

4. Slowly chew the food, paying attention to the flavors and sensations in your mouth.

5. Notice how the food feels as it moves down your throat and into your stomach, eating without distractions.



Note: Do it once in a day

Day 2: Mindful Walking

Walk Consciously



1. Focus on being present and aware during your walk. walk very slowly

2. As you start walking, pay attention to the sensations in your body. Notice the contact of your feet with the ground, the movement of your legs

3. Expand your awareness to your surroundings. Notice the sights, sounds, and smells around you without judgment or attachment

4. Walk slowly, feeling gratitude with each step. With each footfall, cultivate a sense of appreciation for the opportunity to move, the connection to the earth, and the beauty of the present moment.

Note: Do it for 2-5 minutes in a day while walking

Day 3: Mindful Drinking

Drink Slowly



1. Take a moment to observe the appearance of your drink. Notice its color, clarity, and any bubbles or condensation on the glass

2. As you bring the drink to your lips, take a small sip and hold it in your mouth for a moment. Notice the taste, temperature, and texture on your tongue.

3. With each sip, feel the sensation of the liquid traveling down your throat and into your stomach.

4. With each sip, reflect on the journey of the drink from its source to your glass. Feel gratitude for the nourishment it provides to your body!

Day 4: Mindful Scrolling

Scroll Consciously



1. As you scroll your screen, notice the content with full attention. Observe colors, images, and words .

2. Notice sensations, emotions, or thoughts that arise as you engage with the content.

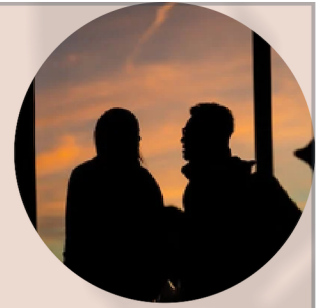
3. Assess how long you've been scrolling and what kind of content you are engaging with.

4. Be aware of the emotional and mental impact of what you see and absorb, ensuring that your online activity aligns with your well-being and intentions.

Note: Do it when you scroll or watch anything on screen

Day 5: Mindful Talk

Talk Consciously



1. set a clear intention to communicate mindfully. Decide to listen attentively, speak thoughtfully, and be fully present in the interaction.

2. During the conversation, focus completely on the speaker. Pay attention to their words, tone, and body language without planning your response.

3. When it's your turn to speak, take a moment to gather your thoughts. Speak slowly and deliberately, choosing your words carefully to express your thoughts and feelings clearly.

4. Regularly check in with yourself and the other person. Notice your emotions, tone, and body language. Be aware of how your words are being received and their impact.

Day 6: Mindful Reading

Read Consciously



1. When you are reading anything, pay close attention to each word, sentence, and paragraph. Read very slowly

2. Visualize the content, reflect on its meaning, and connect with the material on a deeper level.

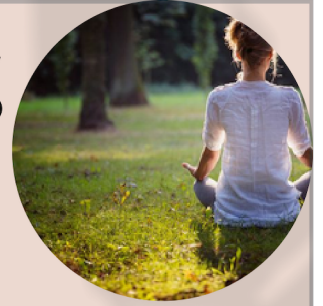
3. Reflect on what you've read and how it resonates with you.

4. Ask yourself questions about the content, consider its implications, and relate it to your own experiences.

Note: Do it when you are reading anything at least for 2 minutes in a day

Day 7: Mindful Breathing

Breathe Consciously



1. Just observe your breathe and simply become more aware of your breathing patterns.

2. You can do it either closing your eyes or with open eyes. Just observe the natural breathing

3. Pay attention to the sensation of the air entering and leaving your nostrils, the rise and fall of your chest, or the expansion and contraction of your abdomen.

4. Notice any changes in your physical sensations, emotions, or thoughts. Recognize any feelings of relaxation, clarity, or peace that have arisen.

Note: Do it at least 2 minutes in a day or whenever you feel stressed.