



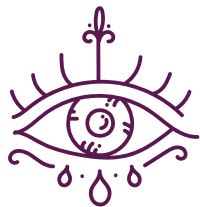
THE MINDFULNESS CHALLENGE

Each day of this challenge introduces a new exercise that will help you live mindfully. As you add new ways to be more mindful each day, continue to perform the previous days' activities as well. By the end of the week, you'll have seven opportunities to be mindful throughout your day.



DAY 1

Before you get out of bed, take one minute to lie in stillness. Notice your breath and simply feel what it's like to be alive.



DAY 2

On your commute to work or school, tune into your surroundings. What do you notice that you don't usually pay attention to? See, smell and hear everything around you.



DAY 3

Carry a bottle of water with you, and every time you take a sip, tune into your body. Notice any sensations in your body and the texture of your breath.



DAY 4

Before you eat lunch, take a moment think about what's on your plate. Then with each bite, savor the flavors and textures. If possible, turn off all distractions around you, like your phone or TV.



DAY 5

Find a quiet spot where you can sit comfortably. Either with eyes open or closed, start counting your breath. Each inhale-exhale combination counts as one. Count all the way to 10, and if possible, repeat. Pull your mind back to your breath every time it wanders.



DAY 6

Bring mindfulness to a daily chore, like washing the dishes. Instead of letting your mind wander as you clean, pay attention to your breath and the water running over your hands. As silly as this might sound, focus solely on doing the dishes.



DAY 7

As you lie in bed, notice the sensations in your body. Take a few minutes to be grateful for your day, thinking specifically of one thing you're thankful for.