

30 Day Mindfulness Challenge



Day 1

Take 10 deep breaths

Day 2

Listen to calming music

Day 3

Compliment someone

Day 4

Drink more water today



Day 5

Video chat with family or friends

Day 6

Sit in silence for 2 minutes

Day 7

Cuddle with a pet, teddy or blanket



Day 8

Draw a picture of something happy

Day 9

Go for a walk

Day 10

Balance on each foot for 20 seconds

Day 11

Go to bed a little earlier today

Day 12

Eat a piece of fruit

Day 13

Watch the sunset



Day 14

Close your eyes and go to your happy place

Day 15

Bake

Day 16

Write down 10 things you like about you



Day 17

Relax all the muscles in your face

Day 18

Read your favourite book

Day 19

Take photos of things that make you smile

Day 20

Plant something



Day 21

Wear your favourite colour

Day 22

Write a letter to a friend

Day 23

List 3 things you are grateful for

Day 24

Watch your favourite movie

Day 25

Do some stretching exercises

Day 26

Have a 1 hour digital detox

Day 27



Listen to nature

Day 28

Dance to a song that makes you happy

Day 29

Make something creative

Day 30

Breathe - you made it!

