

Mindfulness Challenge

use this log to document your participation in daily challenges; use the free spaces to do something that brings YOU joy! Be sure to check off as many boxes as you can for more chances to win!

Week 1	Week 2	Week 3	Week 4
List three gratitude's	Journal for 10 minutes	Exercise (30 minutes or more)	FREE SPACE: I chose to _____
Perform a random act of kindness	Turn your phone off for 1 hour	FREE SPACE: I chose to _____	Listen to a TED talk
Make something: paint, draw, color.	FREE SPACE: I chose to _____	Go the whole day without gossiping	Relax with yoga
FREE SPACE: I chose to _____ _____	Try aromatherapy; essential oils, burn a candle...	Try using a mindfulness app like Insight Timer	Meditate