



# Month of Mindfulness

## A 4-week presence-awareness challenge

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Slowly stretch and notice tight muscles loosen. How do you feel?</p> 	<p>Count the number of times you hear laughter today.</p> 	<p>On a walk, try to find every color of the rainbow.</p> 	<p>Listen to a room with your eyes closed. Without peeking, picture what's happening.</p> 	<p>Name 5 reasons you have to be grateful.</p> 
<p>Stand balanced with your eyes closed. Raise your arms to the sky.</p> 	<p>Go for a silent walk outside. No talking! Only absorbing.</p> 	<p>Smell your meal. Can you guess the ingredients?</p> 	<p>Look in a mirror. Name 3 reasons you love yourself.</p> 	<p>Run fingers VERY slowly through your hair. What do you feel?</p> 
<p>Imagine you're in a snowy valley: how does your body feel?</p> 	<p>Lie on the floor and imagine slowly melting into it. Sink deeper and deeper.</p> 	<p>Taste a bite of food for one minute before swallowing. What do you notice?</p> 	<p>Imagine your thoughts are birds. For one minute, let them fly away until none remain.</p> 	<p>Listen to classical music. Identify the instruments you hear. How are they used?</p> 
<p>Think of 3 things you can feel on your body right now without moving.</p> 	<p>Watch any living thing for 2 minutes. If it doesn't have a name, give it one.</p> 	<p>Breathe in deeply for 4 seconds, out slowly for 7. Repeat.</p> 	<p>Wiggle each and every muscle, one at a time, starting with toes.</p> 	<p>Think about how you feel after this challenge. Invent a new emotion for it!</p> 