



# 10 Day Mindfulness Challenge!

1. Write down three things you are grateful for today



2. Perform a random act of kindness for someone



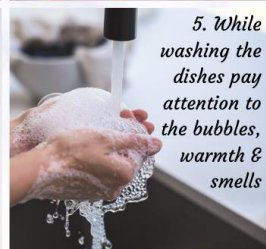
3. Hold someone you dislike in your imagination with compassion & love today



4. Stretch for 5 minutes and focus on your breathing. Inhale...exhale



5. While washing the dishes pay attention to the bubbles, warmth & smells



6. When you are waiting resist the urge to look at your phone. Just sit/stand and observe



7. Count your breath. Inhale on 1, exhale on 2, up to 10 & then repeat



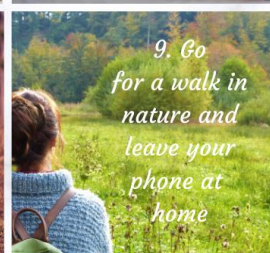
10. Every time you pass a mirror smile at yourself and say something you love about YOU!



8. When speaking with others today focus on listening & eye contact



9. Go for a walk in nature and leave your phone at home



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