

30-Day Mindfulness Challenge

Day 1 Make yourself a cup of hot tea or coffee to enjoy peacefully	Day 2 Go for a peaceful walk around your neighbourhood	Day 3 Dance it out to your favourite song	Day 4 Colour in an adult colouring book	Day 5 Put some time aside for a short yoga session
Day 6 Go on a 30-minute nature walk	Day 7 Start the day with meditation for 5 minutes	Day 8 Draw a picture	Day 9 Write a poem about your day	Day 10 Spend 10 minutes stretching your muscles
Day 11 Complete a Sudoku	Day 12 Be tech-free for an hour	Day 13 Have 15 minutes of quiet time	Day 14 Go outside and breathe in the fresh air	Day 15 Complete a crossword or wordsearch
Day 16 Look at some happy animal pics	Day 17 Read or watch something that will make you laugh	Day 18 Set yourself 3 goals	Day 19 Cook a meal from your childhood from scratch	Day 20 Only drink water today
Day 21 Do a deep breathing exercise	Day 22 Videocall your family	Day 23 Listen to relaxing music	Day 24 Do a 30-minute workout of your choice	Day 25 Listen to the sounds of nature outside
Day 26 Watch the sunset	Day 27 Call a friend	Day 28 Read a chapter of a book	Day 29 Put on a classic and have a sing-along	Day 30 Try origami