



30 DAY MINDFULNESS CHALLENGE

Note down three things that you appreciate today

Go outside

Tidy your workspace so it is clear and organised

Make a healthy breakfast and enjoy it with no distractions

Speak to a friend on the phone or in person

Take a relaxing bath or shower

Read 10 pages of a book

Make a playlist of songs that make you happy

Listen to your playlist of songs that make you happy

Do something creative like draw or colour

Leave your phone in another room for an hour

Have a declutter of part of your house

Donate unwanted items to charity

Send a thank you message to someone who has helped you

Do 30 minutes of yoga

Spend 10 minutes doing deep breathing exercises

Go for a walk in the park or somewhere green

Drink a minimum of two litres of water

Pamper yourself

Unfollow negative social media accounts

Wear your favourite colour

Do something kind for someone else

Make yourself a healthy lunch

Pay someone a compliment

Be aware of your posture and sit up straight

Set a goal for the day and achieve it

Write down five of your best qualities

Do something that makes you happy

Stop using your phone two hours before you go to sleep

Reflect and write down the things that really helped