

Practical Mindfulness Challenge

In collaboration with professional mountain climber and psychologist Matt Walker, we've created a 30-day challenge to support the exploration and practice of mindfulness in our everyday lives. This challenge is created to offer a practical set of tools, teachings, and practices to bring mindfulness into your everyday experience.

The 30-day challenge is an opportunity to shift your life in just one month with daily micro-adjustments to your presence and awareness within yourself and the world around you. We will engage each of your senses in small doses all month long to offer an opportunity to create full engagement and purposeful presence in your personal and professional life. Mindfulness is a way of being in the world, this challenge is your opportunity to practice, refine, and create a new way of being.

By the end of 30 days together we aim to increase your sense of groundedness and ability to be responsive and not reactive, have clarity of purpose, and be intentional with your energy and thoughts.

I want to make this 30-day challenge happen because...

My plan of action is...

I am going to create accountability by...

Matt's Tips & Tricks:

1. Invite another. What is the number one determinant to succeed in shifting behavior and follow-through? Accountability. Share the challenge with a close friend or family member – work the challenge together, deepen your relationship, and celebrate together.
2. Be patient and give yourself the grace to miss days or make mistakes - you will slip up, we all do – that's why this is called a 'practice'. 30 days is a big push and each day you practice is in support of your health and well-being and each day you show up is a gift to yourself, your family, and your work in the world.
3. Print this out. Set yourself up for success by printing out a hard copy of this challenge. Print it, put it on the fridge, your desk, bulletin board, bathroom mirror... anywhere! Keep it front of mind by having a physical document to work from instead of a digital pdf that can be lost in the stack of digital clutter.

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DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<i>Gratitude Journal</i>	<i>Nature Immersion</i>	<i>5 Minute Sit</i>	<i>Social Media</i>	<i>Lay Down and Listen</i>	<i>Body Scan</i>	<i>Do Nothing</i>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<i>Favorites</i>	<i>Say No</i>	<i>Gratitude Journal</i>	<i>5 Minute Sit</i>	<i>Social Media</i>	<i>Drink Slowly</i>	<i>Do Nothing</i>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<i>Drop-In</i>	<i>Time Audit</i>	<i>Floor Stretch</i>	<i>Declutter</i>	<i>10 Minute Sit</i>	<i>Gratitude Journal</i>	<i>Do Nothing</i>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<i>Social Media</i>	<i>Drawer Swap</i>	<i>Taste</i>	<i>No Purchases</i>	<i>Nature Immersion</i>	<i>Five Breaths</i>	<i>Do Nothing</i>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DAY 29	DAY 30					
<i>15 Minute Sit</i>	<i>Gratitude Journal</i>					
<input type="radio"/>	<input type="radio"/>					

Reflect and celebrate. How do you feel after completing the 30 day challenge?
