

1
Before going to bed, write down 3 things you appreciated about today.

2
Take a 10-minute break from work, leaving your phone behind to focus on your surroundings.

3
Count how many times you get distracted from your work today, without being critical about it.

4
Every time your phone pings, pause and follow one breath before checking it.

5
Brush your teeth with your non-dominant hand and notice how different it feels.

6
Declutter your workspace to help your mind feel clearer and calmer.

7
Mindfully drink a cup of tea or coffee, free from distractions. Just focus on the taste and smell.

8
Move email and social media apps to the second page of your phone.

9
Notice how it feels to change posture today, from standing to sitting or sitting to standing.

10
Ask a coworker how they're really doing today and listen to their answer — free from opinion.

11
Commit to 2 hours of no-screen time before bed (using a Sleep exercise is OK).

12
When you enter or leave a car, bus, or train today, pause for a minute and follow the breath.

13
Sit and listen to a favorite song today while doing nothing else at all.

14
Take a few breaks throughout the workday, just following the breath for a minute at a time.

15
Instead of texting someone today, consider calling them for a warmer conversation.

16
When waiting in line, avoid checking your phone. Use the opportunity to notice your environment.

17
Notice your posture each time you sit down today. Gently straighten your back if needed.

18
Reach out to a coworker who's helped you out lately, and give them a heartfelt thanks.

19
Turn off all notifications on your phone today.

20
Eat a meal alone today, with no distractions, focusing just on tastes and smells.

21
Before pressing send on emails today, take a full, deep breath in and out.

22
Commute to work without music or podcasts and see how much more you notice.

23
Do something kind for a coworker today, for no reason, without expecting a thank you.

24
Get some exercise today, leaving your phone behind. Just focus on the physical sensations.

25
Take a few 30-minute breaks from the phone today, setting a timer if you need.

26
Take a square of chocolate and allow it to melt in your mouth, just experiencing the taste.

27
Write a handwritten letter or card to a good friend you haven't seen in a while.

28
Do something playful at least once today — anything that makes you smile or laugh.

29
When you get to work, pause and follow 10 full breaths before going inside.

30
Carry some loose change today, and share it with anyone who might need it more.

Days of Mindfulness

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