

Tune Into YOU Mindfulness Challenge



Take our **4 Week Tune Into YOU Mindfulness Challenge** to help you alleviate stress, manage anxiety, and improve your mental wellbeing. Complete the activities below each day or feel free to replace it with one of your own.

Write the date and place an "X" in the box for each of the calendar days once an activity has been completed.

Name: _____ Contact Number: _____ Email: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Date: _____ <input type="checkbox"/> Organize/declutter your desk or workspace	Date: _____ <input type="checkbox"/> Body scan Meditation	Date: _____ <input type="checkbox"/> Eat a meal without distractions (no phone, tv, conversation, etc.)	Date: _____ <input type="checkbox"/> No screen time 2 hours before bed	Date: _____ <input type="checkbox"/> Go for a walk	Date: _____ <input type="checkbox"/> Do a self-care activity (face mask, meditation, bubble bath, etc.)	Date: _____ <input type="checkbox"/> Do something kind for someone you don't know
Date: _____ <input type="checkbox"/> Clean out and organize a junk drawer	Date: _____ <input type="checkbox"/> Loving-kindness meditation	Date: _____ <input type="checkbox"/> Take a piece of chocolate and let it melt in your mouth	Date: _____ <input type="checkbox"/> Unfollow negative social media	Date: _____ <input type="checkbox"/> Notice 2 new things on your way to somewhere you usually go	Date: _____ <input type="checkbox"/> Dance like nobody is watching	Date: _____ <input type="checkbox"/> Handwrite 3 things you're grateful for today
Date: _____ <input type="checkbox"/> Clean your closet and find clothes to donate	Date: _____ <input type="checkbox"/> Resting awareness meditation	Date: _____ <input type="checkbox"/> Find 3 foods that bring you joy when you eat them	Date: _____ <input type="checkbox"/> Read a book or physical newspaper	Date: _____ <input type="checkbox"/> Spend at least 20 minutes outside	Date: _____ <input type="checkbox"/> Do something that makes you happy!	Date: _____ <input type="checkbox"/> Give 3 people compliments
Date: _____ <input type="checkbox"/> Organize and clean any area of your choosing	Date: _____ <input type="checkbox"/> 4-4-4 meditation	Date: _____ <input type="checkbox"/> Take at least 20 minutes to savor your meal	Date: _____ <input type="checkbox"/> Stay off of social media for 3 hours	Date: _____ <input type="checkbox"/> Explore a new park or area of nature you have never been to	Date: _____ <input type="checkbox"/> Paint a picture, start a puzzle or play an instrument	Date: _____ <input type="checkbox"/> Write a thank you letter