

# 30 Days of Mindfulness

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

**2** Take a 10-minute break from work, setting devices aside to feel present in your space.

**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 a breath, in and out, 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 your posture today, from standing to sitting and vice versa.

**10** Check in with a coworker today to see how they're doing, and listen to them without judgment.

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

**12** Get outside for some fresh air, even if just for a moment. Leave your phone behind.

**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** Take the time to call someone you care about today.

**16** When cooking or eating, avoid checking your phone. Use it as an opportunity to be present.

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

**18** Give a heartfelt thank you to a coworker who recently helped you out.

**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** Take a short walk 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 up and stretch throughout the day, just focusing on the physical sensations.

**25** Take a few 30-minute breaks from your phone today, setting a timer if needed.

**26** Take a square of chocolate and allow it to melt in your mouth, focusing on the taste and texture.

**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 sit down to work, pause and take 10 deep breaths before checking messages.

**30** Check in with any friends, family members, or neighbors to see how they're doing.

