

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.

