

# BEING OF MIND

# 30 DAY Challenge

Write down three things you're grateful for today

Unplug from your devices for a few hours and enjoy being present

Practice 5 minutes of deep breathing to relax and calm your mind

Spend time outside, notice the sounds, smells, and sights around you

Write or say 3 positive affirmations to boost self-confidence and positivity

Track your mood throughout the day and identify any triggers or patterns

Give someone a genuine compliment, and notice how it makes you feel

Take time for yourself and enjoy a relaxing self-care ritual

Eat one meal without distractions. Focus on the taste & textures

Write a letter to your future self about your current challenges and victories

Create a playlist of songs that uplift your mood or calm your mind

Visualize a goal you want to achieve. See yourself reaching it

Write about a past challenge and how it helped you grow

Start your day with a gentle stretch or yoga session to energize your body & mind

Clean, organize or declutter one area of your living space

Do something kind for someone else, whether it's a small gesture or a big surprise

Take some time to journal about what makes you feel happy and fulfilled

Take a mindful tea break, focusing on the warmth, aroma, and flavors of your drink

Create a calming bedtime routine to improve your sleep quality

Try the 5-4-3-2-1 grounding technique to center yourself

Unfollow accounts that don't make you feel good and follow uplifting, positive ones instead

Reflect on areas in your life where you want to set healthier boundaries

Try a guided mindfulness exercise for self-love, or relaxation

Listen to a podcast you enjoy or watch a video, show, or movie that makes you laugh

Write down 3 things you've accomplished recently, no matter how small

Spend time getting creative, painting, drawing, writing, or crafting, express yourself

Reach out to a friend or family member and have a good chat

Take breaks throughout the day to center yourself and relieve stress

Write down 5 things you love about yourself and why

Reflect on your progress during the 30 days. What have you learned, and how do you feel?