

BeMindful Challenge

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/> 1 Go outside, feel the breeze or sun on your face. Listen to the sounds of nature.	<input type="checkbox"/> 2 Set an intention or goal for the day when waking up.	<input type="checkbox"/> 3 Show someone you appreciate them today, without expectation of thanks in return.	<input type="checkbox"/> 4 Take 3 deep, calming breaths at regular intervals throughout the day.	<input type="checkbox"/> 5 De-clutter your desk, workstation, or home today.	<input type="checkbox"/> 6 Listen to a song that makes you happy.	<input type="checkbox"/> 7 Get some physical activity today, without your phone, and focus on the physical sensations.
<input type="checkbox"/> 8 Write a handwritten card/letter to a good friend you've not seen in a long time.	<input type="checkbox"/> 9 When you feel yourself rushing, pause and make an effort to slow down.	<input type="checkbox"/> 10 Reset your posture each time you sit down today, gently straightening your back.	<input type="checkbox"/> 11 Eat one meal alone today, without any distractions, focusing just on the tastes and smells.	<input type="checkbox"/> 12 Get off your phone/electronics for at least an hour today.	<input type="checkbox"/> 13 Without any judgment or criticism, count how many times your mind becomes distracted today.	<input type="checkbox"/> 14 Watch the sunrise or sunset, paying attention to the colors in the sky.
<input type="checkbox"/> 15 Do a mindful body scan from head to toe. Bring awareness to every part of your body, noticing any aches, pains, tension, or discomfort*	<input type="checkbox"/> 16 Take one full breath (both in and out) before pressing send on any emails today.	<input type="checkbox"/> 17 Before going to sleep, write down 3 things you are grateful for.	<input type="checkbox"/> 18 Before making or receiving phone calls, pause briefly and take a deep breath to center yourself.	<input type="checkbox"/> 19 Journal in a peaceful place.	<input type="checkbox"/> 20 Drink a mindful cup of tea or coffee today, free from other distractions. Focus on taste and smell.	<input type="checkbox"/> 21 Brush your teeth with your non dominant hand today to help encourage attention.
<input type="checkbox"/> 22 Take a bath/shower and practice mindfulness, focusing on your five senses.	<input type="checkbox"/> 23 Do a random act of kindness today, without expecting anything in return.	<input type="checkbox"/> 24 When talking to clients, coworkers, or patients, practice active listening without thinking about the next task.*	<input type="checkbox"/> 25 Walk for 10 minutes today, without looking at your phone, focus on your surroundings, use all your senses.	<input type="checkbox"/> 26 Give heartfelt thanks to someone today who has recently helped you in some way.	<input type="checkbox"/> 27 Notice the sensations as you change posture today from standing to sitting or sitting to standing.	<input type="checkbox"/> 28 Commit to at least 1 hour of no screen time before bed today.
<input type="checkbox"/> 29 Practice a guided meditation before going to sleep*	<input type="checkbox"/> 30 Do mindful work, focus on one task at a time, without multitasking.	<input type="checkbox"/> 31 Find some quiet time to sit and be still by yourself today.				

*For mindfulness resources, visit <https://bewell.pennstatehealth.org/mindfulness/>