

30 Day Mindful Life Challenge

The Ultimate List of Completely Free Things To Bring More Mindfulness Into Your Daily Life

A 30-day mindfulness challenge - 30 activities (tools & strategies) that reduce stress and anxiety, increase focus, boost productivity, decrease distractions, improve health and wellbeing, improve mood and increase happiness.

How To Use It:

1. Make it Simple
2. Make it Fun
3. Be Kind to Yourself
4. If you don't like some activity don't force yourself to do it, just pick another one
5. Track your progress - write down your thoughts, observations and ideas
6. Celebrate your achievements - even the smallest achievement is STILL an achievement and brings you closer to success
7. Remember that this 30-day mindfulness challenge is about self-improvement not about being perfect

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1. Define 3 Daily Goals

set top 3 activities (specific & manageable) for your day.

2. Write a Powerful To-Do List & Make it your daily guidance

prioritize your tasks, start your day with the most important task and when you accomplish it move to the next activity from your list

3. Drink More Water - stay hydrated

4. Do a Simple Deep Breathing Exercise

close your eyes and focus on your breath, don't try to change a natural rhythm of your breath just breathe naturally – deep natural breathing can easily improve your mood and focus

5. Notice Your Thoughts

be aware of your thoughts but don't judge them

6. Practice Positive Self-Talk while smiling in the mirror

7. Notice Your Emotions

track your mood and the events of the day
it will help you to understand and manage your emotional triggers

8. Identify Your Top Distractions

develop a plan to overcome your distractions

9. Practice the Pomodoro Technique - famous time management method

get a Pomodoro kitchen timer, break down your tasks into 25 minute blocks of time, set the Pomodoro timer and focus on your task
it's a great method to boost focus, improve productivity and eliminate procrastination

10. Adopt a Growth Mindset

always look for opportunities to learn new things and new skills, challenge yourself, develop your abilities through practice and cultivate your love for learning
think big, start small BUT be consistent

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11. Create a Simple and Energizing Morning Ritual that will empower your day and boost your motivation

start simple and make it easy to succeed do a breathing exercise, stretch, exercise, eat healthy breakfast, take a quick shower, drink delicious cup of coffee, drink lemon water, go for a walk, meditate, journal, listen to an inspirational podcast, watch motivational Ted Talks, read a blog post, listen to an energizing song

12. Create Mindful Bedtime Rituals that will help you to unwind, relax and get a quality rest

(stretch, meditate, make tomorrow's to-do list, read, listen to music, switch of the electronic devices, have a relaxing cup of tea)

13. Take a Relaxing Shower or Bath

use your 5 senses and focus on the sensations

14. Start Writing a Journal

put your thoughts onto paper, declutter your mind and free yourself from intrusive thoughts and difficult emotions

15. Do More Single Tasking

focus on one thing at a time, go a day without multitasking, work & rest mindfully

16. Practice Being Present in Conversation

listen carefully without thinking about your response, notice your interlocutor's body language, don't try to win" the argument, let go of the need to get the last word. Are you an attentive listener? Are you keeping eye contact with your interlocutor?

17. Practice Mindful Eating

be fully present with the act of eating prepare your favourite meal and eat it with all your senses taste - how does it taste?, sight - how does it look like? touch - what's the texture?, smell - what's the aroma?, sound - do you hear a crunch?

18. Make a List of "Really Good Things" that happened today

What are you grateful for today?

make it simple, it can be anything (beautiful weather, a nice small talk with a neighbor)

19. Reach Out and Help Others

Being kind and helping others increase your own levels of self-confidence, self-love, and happiness

20. Clean Your Room/Office/Desk

declutter your external personal space and notice how a clean personal environment affects your mood

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21. Exercise

engage in your favorite physical activity, feel the pull and stretch of muscles, feel the sweat on your skin, don't forget to breathe

22. Connect with Nature

go for a walk, hug a tree, feel the grass beneath your feet, heard birds singing, notice how contact with nature affects your mood

23. Practice Mindful Relaxation

engage in a pleasant activity, relax and enjoy yourself

24. Do a Mindful Grocery Shopping

do a grocery list, read food labels, learn about the ingredients
(Mindful eating start with Mindful shopping)

25. Do a Digital Detox Before Bedtime

Not using devices before bed will help you to relax and prepare for a quality rest

26. Spend More Quality Time With Your Family and Friends

be fully present, put your smartphone away and focus on a conversation

27. Read a Paper Book

not an ebook or an audiobook BUT a physical book and while you're reading take notes

28. Do a 5-minute Guided Meditation

29. Embrace your Inner Child and Boost Your Creativity

laugh without shame, color in pictures or mandalas, watch your favorite cartoons, ride a bike, rediscover your childhood's hobby, build the puzzle

30. DIY Something

engage in handwork DIY is fun, creative, relaxing and a bit challenging make a homemade body scrub, make homemade chocolate, paint a picture, do a photo collage, DIY a gift for your friend or a family member