

# 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, leave your phone behind and focus on your surroundings.

**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**  
Ask a coworker how they're really doing today and listen to their answer – free from opinion.

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

**12**  
When you enter or leave a car, bus, or train today, pause for a minute and follow the breath.

**13**  
Sit and listen to a favorite song today, while doing nothing else at all.

**14**  
Take at least 3 breaks throughout the workday and follow the breath for one minute.

**15**  
Take the time to call someone you care about today.

**16**  
When waiting in line, avoid checking your phone. Use the opportunity to notice your environment.

**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**  
Commute to work 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 some exercise today, leaving your phone behind. Just focus on the physical sensations.

**25**  
Take a few 30-minute breaks from the 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**  
Carry some loose change today, and share it with anyone who might need it more.

**29**  
When you get to work, pause and follow 10 full breaths before going inside.

**30**  
Carry some loose change today, and share it with anyone who might need it more.

**28**  
Do something playful at least once today – anything that makes you smile or laugh.

**29**  
When you get to work, pause and follow 10 full breaths before going inside.

**30**  
Carry some loose change today, and share it with anyone who might need it more.

