

# 30 Days of Mindful Awareness

Take 3 mindful breaths at different times during the day. Notice how you feel before and after.	Use your non-dominant hand for as many tasks as you can today. Notice how mindful you become of each task.	Listen to one song mindfully today. What do you hear in the song that you didn't notice before?	Non-judgmentally watch your thoughts come and go for five minutes. Label them, if it helps and then release them.	Make the first two bites of each meal mindful today. What do you notice?
Sit outside. Pay mindful attention for 5 minutes to your surroundings.	Send kind thoughts to the people around you today.	Write down 3 things you are grateful for before going to bed.	Take a mindful shower today.	Be aware of the small things that make you happy today.
Close your eyes and listen to all the sounds around you for 2 minutes.	Do something that makes you happy! Find the time!	Sit outside and notice 5 sounds 4 colors 3 smells 2 textures 1 new thing	Go offline today! (or at least for a few hours)	Pay attention to the sensations of giving a smile!
Eat one full meal mindfully today. No distractions.	Pause and notice how you feel emotionally during the day. Can your breath help your emotions?	Take a familiar walk. Look around for things you never noticed.	Notice how your body feels: where is it relaxed? where is there tension?	At various times during the day, pause and notice 3 things you can smell.
Before answering the phone, text or email, take 1- 2 mindful breaths.	Notice your attention while talking with someone today. Be present and listen without judgement.	Send a message to someone who has helped you and thank him or her.	Get ready for bed mindfully.	Give a genuine, specific compliment to someone (or more) today. Kind words are a gift!
With each place you go today, try to appreciate the people and things around you.	Embrace positivity. No negative comments today.	Send kind thoughts to yourself today.	Repeat the day you found most challenging.	Repeat the day you found most enjoyable.