

28 days meditation challenge

Day 1

Find a comfortable quiet place and ask yourself: What am I feeling in my body? what do I hear? what do I smell?

Day 2

Sit in a chair and feel how your back and but are touching the chair and how your feet are touching the ground.

Day 3

Find a comfortable quiet place and think about a pleasant memory. Take 5 minutes to fully absorb the feelings

Day 4

When you wake up, before you do anything else, think of something you are grateful for.

Day 5

Go for a walk and focus on being in the here and now. Feel your feet, see and hear your surroundings.

Day 6

Lay down. Start with being aware of how your feet feel, go up until your reach your head. Take 30 sec for each body part.

Day 7

Eat mindful. Eat your food slowly and really taste it. Do you taste anything different than usual?

Day 8

Take a deep breath and slowly breathe out. Keep doing this for 3 minutes and feel the stress wash away

Day 9

Visualize being near the ocean. Feel the sand under your toes, hear the wind and the water. Imagine the sun on your skin

Day 10

choose 3 objects in your house and observe them closely. What do you see that you normally don't notice?

Day 11

Take 5 minutes to observe your thoughts. Don't judge, just acknowledge and accept them and feel how your mind moves on

Day 12

Take a deep breath and slowly breathe out. Keep doing this for 3 minutes and feel the stress wash away

Day 13

Before you go to sleep, think of 5 things you did today that made you proud. Let the feeling sink in.

Day 14

Stand 2 minutes in a superhero pose. Hands on your hips, make yourself big. You will feel empowered after

Day 15

Lay down and put on some music that relaxes you (youtube for inspiration). Try to focus on the music for 10 minutes

Day 16

Mindful finish a task. Pick something you normally do on the automatic pilot.

Day 17

Sit in silence for 5 minutes and listen to the sounds around you with curiosity and interest.

Day 18

Lay down and one by one tense your muscles, after 10 sec relax your muscle again. Start with your feet and work up to your head

Day 19

Do something you enjoy. During your activity be aware of your feelings and thoughts that come up and let them be without judgement.

Day 20

Go outside and take a deep breath of fresh air. Feel the temperature, hear the birds and the wind. Be thankful for today.

Day 21

Sit cross-legged with your back straight. hold your arms relaxed near your body and breathe slowly in and out for 5 minutes

Day 22

Do something that scares you today. Try to accept the fear as a helpful emotion. Be proud of yourself

Day 23

Sit or lay down. Focus on your fingers one by one. Can you feel all of them separately?

Day 24

Visualize that you're in a tropical forest, hear the waterfall and the river. Hear the animals. Feel the warmth. Do this for 5 minutes

Day 25

Don't judge yourself for the day. Everytime you have a negative thought about yourself, acknowledge it and let it go.

Day 26

Look deep inside and think about the 5 things you love most about yourself. Write them down.

Day 27

Close your eyes and let your mind wander. Don't judge, just acknowledge your thoughts and emotions that follow.

Day 28

Think about what you want to do with mindfulness meditation in the future, Make a plan for yourself.

