

# 30 DAYS OF MINDFULNESS CHALLENGE

## January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Vibrating higher spiritually	Mindful journaling	Cultivating gratitude	Embracing nature	Connecting with your senses	Exploring the physical body
Church + new guided meditation class	Prompt 1 What's your word for 2023? And why?  *Official day 1*	Express gratitude sit in stillness for 2 minutes	Go for a 15 min walk outside	Treat yourself to a wholesome breakfast	New class Grounding yoga flow
Church + new guided meditation class	Prompt 2 5 goals I'd like to achieve in 2023 are...	Express gratitude sit in stillness for 4 minutes	Sit in nature for 5 minutes	Make yourself a green smoothie	New class Finding your balance
Church + new guided meditation class	Prompt 3 This year, I am going to...	Express gratitude sit in stillness for 6 minutes	Bring nature into your home	Make yourself a nice meal	New class Energizing flow
Church + new guided meditation class	Prompt 4 What qualities do you want to take from 2022 into 2023?	Express gratitude sit in stillness for 8 minutes	Go on a nature walk	Capture the beauty around you. Get creative!	New class Restore and reset Yin Yoga
Church + new guided meditation class	Prompt 5 3 things I'd like to open my heart to in 2023 are..	Express gratitude sit in stillness for 10 minutes  *Day 30 *			

### NOTES

Saturday- living joyfully

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Do something today that brings you joy :)

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### GOALS

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**Sunday**

*Vibrating  
higher  
spiritually*

**Monday**

*Mindful  
journaling*

**Tuesday**

*Cultivating  
gratitude*

**Wednesday**

*Embracing  
nature*

**Thursday**

*Connecting  
with your  
senses*

**Friday**

*Exploring  
the physical  
body*

**Saturday**

*Living joyfully*