

—DIGITAL— MINDFULNESS

WEEK 1

with Catherine Price

Mental Wellbeing

We created this four-week digital mindful challenge to help you set intentions and disconnect from your devices. Week one is all about your mental wellbeing. Print or save this worksheet and mark off each challenge as you complete them.

Day 1

BE IN NATURE

Go on a walk outside today. Notice the beauty in your surroundings, look up at the sky, and inhale deeply.

Day 5

BE THANKFUL

Before bed tonight, write down three things you are grateful for from the day.

Day 2

MINDFUL EATING

As you sit down for breakfast, close your eyes and savor each bite. Consider the textures, flavors, and aroma of your meal.

Day 6

RESET YOUR POSTURE

Reset your posture each time you sit down today. Gently straighten your back, unclench your jaw, roll your shoulders back, and take a deep breath.

Day 3

READ A BOOK

Dedicate 20 minutes to reading a new or favorite book in a cozy space.

Day 7

BREATHE IN, BREATHE OUT.

Complete a 10-minute guided meditation today. We recommend exploring our sensory journeys meditation collection.

Day 4

MEDITATE

Find a quiet spot where you can sit comfortably and pay attention to your breath. Breathe in and count to five. Exhale and count to five. Repeat for as long as you wish. When your mind wanders, gently return your focus to your breath.



YOU MADE IT!
ON TO THE NEXT CHALLENGE...

MIRAVAL