

Gateway to the Present:

14 Day Mindfulness Challenge



Mindfulness is bringing awareness to the present. Mindfulness practices can help relieve stress and anxiety, and improve mood, focus, and well-being. This challenge was designed to be easily integrated into your everyday life and require only minutes a day. There is no perfect way to do these exercises, so give them a try. If you miss a day, try again the next day. You will learn new practices. Upon completion, you will be on your own mindfulness journey!

☒ Day 1 - One Mindful Moment

Take one minute each hour and notice your position and tension in you **BODY**, the **EMOTIONS** you are experiencing, **THOUGHTS** you are thinking, and **PLACE** you are. Take a slow, deep breath. Let the breath wipe away all inside your mind. Exhale.

☐ Day 8 - Circle of 8s

Find a comfortable place to sit for 5 minutes. Take a deep breath, hold it at the top, and exhale. Begin inhaling, **counting to 8 at your own pace**. Exhale, again while counting to 8. Repeat 8 times.

☐ Day 2 – What is Here For Me Now?

Find a comfortable place to sit for 5 minutes. Close your eyes, straighten your back, and relax your shoulders. Slow your breathing to a steady rate. As your mind wanders, allow your thought to pass. **Bring your attention to your breath**. When you are ready, let light into your eyes.

☐ Day 9 - A Little Gratitude

Find a quiet space. Identify a **PERSON**, **PLACE**, and **THING** you are grateful for. Dig deep into why you are so grateful for each one. Take a slow, deep breath. Let the breath warm your heart space. Exhale.

☐ Day 3 – Power of Five

Observe your surroundings during a mindful walk. Take a moment to **dwell on 5 objects**, such as “There is a squirrel on a tree branch, basking in the sun while eating a nut.” Engage your senses such as the sounds of birds chirping, smell of evergreen, and warmth of the sun.

☐ Day 10 - Step-by-Step

Take a stroll anywhere you choose. For each step you take, notice the sensation of your foot as it contacts and peels away from the ground. When your mind wanders, use the next step to reset.

☐ Day 4 - Oh, the Places You'll Go

Find a comfortable place to sit for 5 minutes. **Choose a place you like to go**. For example, consider a hike. Notice the feel of the air, warmth of the sun, smell of the trees, and feel of the ground as you begin your trek. Take time to dwell at each new turn, noticing the sights, sounds, and smells that surround you.

☐ Day 11 - Head, Shoulders, Knees, & Toes

Find a quiet space to lay down. Bring your attention to any sensation on your body. **Explore with curiosity**. With intention, bring your breath to the body part you chose to relieve tension, pressure, or bring warmth. Move your attention to another body part and, again, explore with curiosity. As your mind drifts, bring your attention back to your body.

☐ Day 5 - Food for Thought

Immerse yourself in the **eating of a single food**. For example, place an apple in your hand and notice its color, texture, shape, and feel. Notice its smell. Bite into the apple, and chew it slowly. Notice how its textures evolve each moment. As you swallow, appreciate your reaction.

☐ Day 12 – Good Vibrations

Find a comfortable place to sit for 5 minutes. Close your eyes. Allow the **sounds in your environment** to occupy your mind. Perhaps you hear a car. Listen until it passes. Perhaps you hear chirping birds. Dwell on their sound. Perhaps you hear a fan. Appreciate its humming.

☐ Day 6 - From Mindless to Mindful

Transform **3 ordinary activities** into rich experiences. For example, as you fold laundry, slow down your normal speed. Notice the piece of clothing you will fold, its color, its texture, its scent. Notice the opening and closing of your arms and each complex step you are taking.

☐ Day 13 - Let it R.A.I.N.

Pause and **Recognize** your emotion. **Allow** your emotion. Give yourself permission to feel your emotion for a moment. **Investigate** your emotion with openness to how and why you feel as you do. **Nurture** yourself. You are more than your thoughts and emotions in this moment. [Learn More](#)

☐ Day 7 – BUZZ!

Find a comfortable place to sit and close your eyes. Raise your elbows out wide and with your index fingers, plug your ears. Take in a deep breath. Exhale slowly. As you exhale **hum like a bee**. Repeat 8 times.

☐ Day 14 - Your Mindfulness Journey

The next step in your mindfulness journey is using a simple practice each day. Today, choose one exercise you enjoyed, found challenging, or simply can **easily incorporate in to your life today**. Have fun, be creative, and explore mindfulness by combining the skills you acquired over the past two weeks into new practices.