

15 DAYS MINDFULNESS

CHALLENGE [STEP-BY-STEP]

MINDFULNESS MEDITATION



Day 1:

Sit comfortably. Practice breathing in and out slowly and deeply, such that your belly rises. Do this for a few minutes and be comfortable with it.



Day 2:

This time, notice one aspect of your breathing, such as sensations of air flowing into your nostrils and out of your mouth.



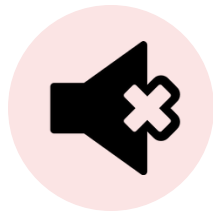
Day 3:

Pay attention and observe your internal experience (bodily sensations, thoughts and emotions) and surroundings (temperature of the room, clock ticking etc). Redirect your attention when your mind wanders off.



Day 4:

As you observe your internal and external experiences in the present moment, learn to accept them whether they are good or bad. Just be aware and do not judge them.



Day 5:

Try doing all 4 steps in one session.

MINDFULNESS IN DAILY LIFE



Day 6:

As you brush your teeth today, try brushing with your non-dominant hand to enhance attention on the act. What do you notice?



Day 7:

While you wait for your bus, train or walk to your destination, put your phone aside for 15 minutes and look around you.



Day 8:

Have a meal in silence today. Be aware of the smell and taste, observe the act of chewing your food and consciously feel whether you are actually already sufficiently full.



Day 9:

Count how many times you are distracted during work today without any judgement.



Day 10:

Before you sleep, write down 3 things you are grateful or appreciative of.

MINDFULNESS IN DAILY LIFE



Day 11:

Lend a listening ear to someone. Listen to what you colleagues, family members or friends have to say. Give them your full attention and try not to interrupt or judge what they say. Try not to think about other matters too.



Day 12:

Recall an unpleasant incident and try to forgive the person by thinking from another perspective.



Day 13:

Thank or apologise to someone wholeheartedly!



Day 14:

Stretch or go for an exercise today. Notice your body sensations, your thoughts and emotions.



Day 15:

Ask yourself if you are too overwhelmed stressed or tired.

- WHY -

By practicing acceptance of your experience, it becomes easier to accept whatever comes your way during the rest of your day, such as unpleasant moments.

- GOOD THINGS TAKE TIME -

Over time you may experience greater happiness and self-awareness as you learn to forgive and become comfortable with a wider range of experiences!

- MISCONCEPTION -

People may expect "something" to happen after practicing mindfulness and meditation.

- TRUTH IS... -

In some cases, "something" may happen. For example, feeling more refreshed and alert.

You may also not explicitly feel or see any changes.

- CONCLUSION

The comfortable length of each session differs from one person to another. The same applies to the outcomes. However, the more you practice, the more effect mindfulness would have on you!

JUST SIT BACK AND OBSERVE WHAT HAPPENS!

