

Shape Family Wellness Program

Name: _____

Wellness Coach: _____

WELLNESS CHALLENGE MINDFULNESS

Start Date: _____ End Date: _____

Instructions: For the next four weeks, you will choose one mindful practice to focus on. Complete your chosen focus at least 5 days a week and write a small reflection for each day. Here are some suggestions of what you could choose to focus on: use a meditation app or meditate, practice mindful eating, do yoga/stretching before bed, no screen use 1 hour before bed, drive to work with no music, etc. The possibilities are endless—pick something that fits in with your lifestyle and give it a try! When you are done answer the follow-up questions on the back page.

WEEK 1 FOCUS: _____

S	M	Tu	W	Th	F	Sa

WEEK 2 FOCUS: _____

S	M	Tu	W	Th	F	Sa

WEEK 3 FOCUS: _____

S	M	Tu	W	Th	F	Sa

WEEK 4 FOCUS: _____

S	M	Tu	W	Th	F	Sa

CHALLENGE FOLLOW-UP

What was your biggest take-away from completing this challenge?

Which of the four weeks did you enjoy the most and why?

Which of the weekly focuses do you think you could continue and why?

MINDFULNESS INFORMATION

“To be mindful means to have the mind full—completely full of what’s happening right now.”

What is mindfulness?

Mindfulness can be defined as a mental state achieved by focusing one’s awareness on the present moment while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations.

Why is practicing mindfulness beneficial?

Research has found that practicing mindfulness has the following benefits:

- Lowers stress
- Helps you get to know your true self
- Improves overall health
- Supports weight loss goals
- Helps you sleep better
- Turns a boring activity into an adventure
- Frees you from judgment
- Enables you to make wise choices
- Can improve your overall perception of happiness and sense of well-being

11 Actions That Can Make You Feel Happier:

- Smiling
- Doing something for someone else
- Exercising regularly
- Getting enough sleep
- Eating healthier
- Engaging in fulfilling/meaningful work
- Having a close-knit community
- Freeing your life of clutter
- Releasing resentments
- Cultivating and expressing gratitude
- Feeling a spiritual connection and having a spiritual practice

Top Mindfulness Apps



Buddify



Calm



Headspace



Mindfulness App



Insight Timer



Omvana

Get more information on mindfulness and try the Take5 guided relaxation videos on:

www.MyShapeWeb.com