

Shape Family Wellness Program

Name: _____

Wellness Coach: _____

WELLNESS CHALLENGE
MINDFULNESS

Start Date: _____ End Date: _____

Instructions: For the next 20 days, follow the weekly instructions below to complete each mindfulness task. Please limit repetition—challenge yourself to provide an array of answers! On the last day of the challenge, please complete the follow-up questions on the back of this sheet.

WEEK 1: Each day, write down 5 things that you are grateful for.

DAY 1:

DAY 2:

DAY 3:

DAY 4:

DAY 5:

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

WEEK 2: Each day, write down 5 things that made you laugh.

DAY 6:

DAY 7:

DAY 8:

DAY 9:

DAY 10:

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

WEEK 3: Each day, perform at least one random act of kindness and record what you did in the spaces below.

DAY 11: _____

DAY 12: _____

DAY 13: _____

DAY 14: _____

DAY 15: _____

WEEK 4: Each day, do something different to “make time for you” (Take5, deep breathing exercises, take a yoga class, etc.) Write down what you did and a short reflection on your experience in the spaces below.

DAY 16: _____

DAY 17: _____

DAY 18: _____

DAY 19: _____

DAY 20: _____

CHALLENGE FOLLOW-UP QUESTIONS

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 challenges 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 is a state of mind that arises when awareness is deliberately brought to the present moment in a non-judgmental manner.

Mindfulness elicits a feeling of strength, balance, and an appreciation for life, which in turn, improves our work-life balance.

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 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 5 Mindfulness Apps



Buddify



Calm



Headspace



Mindfulness App



Omvana

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

www.MyShapeWeb.com