

**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 a wide 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:**

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**WEEK 2: Each day, write down 5 things that made you laugh.****DAY 6:****DAY 7:****DAY 8:****DAY 9:****DAY 10:**

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**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

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 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 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](http://www.MyShapeWeb.com)