THE 7-DAY MINDFULNESS CHALLENGE

Breathe with intention. Eat with awareness. Notice what is good.

Small daily practices create meaningful momentum. Move gently, keep it simple, and aim for presence—not perfection.

DAY	CONSCIOUS BREATHING	MINDFUL EATING	GRATITUDE JOURNAL	DONE
1 · ARRIVE	Pause for 2 minutes. Breathe in comfortably, then let the exhale soften. Notice the air moving.	Eat one snack without screens. Notice its taste, texture, and aroma.	Write 3 things you appreciate right now.	☐
2 · SLOW DOWN	Take 5 gentle breaths before starting your day. Feel your feet and relax your shoulders.	Put your utensils down between a few bites. Notice when you feel comfortably satisfied.	What is one ordinary moment that brought you comfort today?	☐
3 · TUNE IN	Try 4-count inhales and easy, unforced exhales for 2 minutes. Return to natural breathing if uncomfortable.	Before eating, check in: Am I hungry, thirsty, stressed, or simply on autopilot?	Name one thing your body helped you do today.	☐
4 · ENGAGE	Take 10 slow breaths. Notice the pause between activities without rushing to fill it.	Choose one meal to eat seated and without multitasking. Notice the first three bites.	Who or what positively influenced your day?	☐
5 · APPRECIATE	Breathe naturally and bring attention to the feeling of being supported by the ground beneath you.	Notice the effort behind your food—from growing or making it to bringing it to your plate.	Write 3 details you might usually overlook but are glad you noticed.	☐
6 · RESET	When tension appears, pause for 60 seconds and allow your exhale to be a little longer—never forced.	Take a mid-meal pause. Ask what would feel nourishing and satisfying now.	What challenge taught you something useful this week?	☐
7 · CARRY IT FORWARD	Choose a breathing pause you enjoyed. Practice it for 2–3 minutes.	Enjoy one meal with full attention. Notice what helps you feel nourished and content.	What practice will you continue? Write one small promise to yourself.	☐

YOUR DAILY RHYTHM

1. Pause and breathe.
2. Eat one moment mindfully.
3. Write a few lines of gratitude.

END-OF-WEEK CHECK-IN

What felt different in your body, attention, or mood?
Which practice was easiest to return to?
What is one small habit you want to keep?

Remember: consistency beats intensity. If a breathing exercise feels uncomfortable, stop and return to your natural breath. Missed a day? Simply begin again. The goal is awareness, not a perfect streak.

VISIT THEBODYOWL.COM for more resources.

This challenge is to get your JUMP START.

The books and classes are designed to continue your journey and achieve lasting results!

Suggested Books: Mindfulness For Any Mind, Unmasked Self Reflection Workbook, The Neurocode

The Body Owl LLC.