

28 MINDFUL

Moments



CHALLENGE

1 buy a team member a coffee	2 use kind words in every day conversation	3 compliment someone	4 offer to complete a task for someone	5 acknowledge someone's efforts	6 let a friend know you're thinking of them	7 spend the evening device-free
8 meditate	9 think of three things you're grateful for	10 take a moment just for you	11 journal your worries	12 forgive someone	13 soak in a warm bath	14 call someone you haven't spoken to in awhile
15 complete a random act of kindness for another person	16 acknowledge the beauty around you	17 practice mindful breathing	18 focus on what you can see, hear and feel	19 have a rest from social media for a day	20 complete some yoga poses	21 tense and release different muscles in your body
22 enjoy a leisurely family walk	23 eat mindfully	24 listen to or play some music	25 complete some mindful coloring	26 watch a sunrise or sunset	27 treat yourself and fill your own bucket	28 make peace with imperfections

Repeat this challenge as often as necessary. Your Mental Health Matters.