

12 DAYS OF Mindfulness

- 1 **PRACTICE GRATITUDE:** Begin your day by writing down 3 things that you are grateful for, no matter how big or small.
- 2 **PRACTICE YOUR VALUES:** Are you regularly incorporating your values into your day-to-day routines?
 - Step 1:** Write down 5 of your values.
 - Step 2:** Write down all the different ways you spend your time over the course of a day.
 - Step 3:** Compare the two lists.
- 3 **PRACTICE MINDFUL EATING:** Turn off all devices and eliminate distractions while you eat today. Notice the colors of the food, the aromas, and the textures. Eat slowly, chew well, and savor each bite.
- 4 **INTRO TO MEDITATION:** Join Guru Ranjit of [Charlotte Meditation](#) as he guides us through an intro to meditation and incorporates breathing. Perfect for both new and seasoned meditators. Look for an email with the link to join.
- 5 **PRACTICE NATURE THERAPY, ALSO KNOWN AS FOREST BATHING:** Sit outside for a minimum of 5 minutes, alone — no distractions. Leave your phone inside. Notice your 5 senses. What do you smell? What do you see? What do you hear? What do you feel? What do you taste? Notice the things you miss when you are in a hurry.
- 6 **PRACTICE SELF-CARE:** Carve out time for yourself today. Enjoy a bubble bath. Call a friend. Curl up in bed with a good book. Get a massage. Do something you love today just because it brings you joy.
- 7 **PRACTICE KINDNESS:** Call someone who lives alone. Offer to help someone who is not expecting it. Send a gratitude letter, text, or email to someone you appreciate. Make a philanthropic donation — cash, time, food, clothes, etc.
- 8 **PRACTICE MEDITATION:** There are numerous, science-based benefits to meditation, including reduced stress, lower anxiety, and sharper focus. Join us at noon today. Guru Ranjit will lead us in part two of our three part meditation series. Look to your email for a link to join.
- 9 **PRACTICE HOME COOKING:** Make a healthy meal or snack to nourish your body. Include as many different colors of the rainbow as you can. Take time to enjoy the process of preparing and eating your meal.
- 10 **PRACTICE PHYSICAL MOVEMENT:** Dance to your favorite song. Take a walk. Do some jumping jacks. Try some yoga moves. Use the stairs instead of the elevator. Every little bit counts!
- 11 **PRACTICE LAUGHTER:** Watch a funny movie. Have a conversation with a friend who you find funny. Laughing is something that we should all aim to do daily.
- 12 **HOW TO CONTINUE YOUR MEDITATION PRACTICE AT HOME:** Join Guru Ranjit for one more piece on meditation, and how you can continue the practice at home. Again, link to join will be sent to your email.