

# A 30-Day Guide to Mindfulness



Mindfulness is all about being more present and focusing on each moment as it's happening. Through it, you can reduce stress, express emotions in healthier ways, improve focus, or find positivity.

Over the next 30 days, try these different ways to be more mindful. The more you do, day-by-day, the easier it will get. Habits are built by regularly taking small steps forward—so do what you can but know things don't always work out perfectly. If you miss a day or need a break, that's okay.

30 Days of Mindfulness							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK ONE	Set your intentions.	Create a calm, safe space.	Focus on your breathing.	Walk outside with intention.	Practice mindful eating.	Repeat positive affirmations.	Do one thing for someone else.
WEEK TWO	Make a list.	Slow down this morning.	Practice holding your focus.	Capture what's around you.	Listen to music.	Create a vision board.	Share something with a friend.
WEEK THREE	Focus on gratitude.	Meditate for five minutes.	Focus when going inside and outside today.	Feel the ground on your feet.	Practice mindful reading.	Pay attention to your inner voice today.	Do something you've never done before.
WEEK FOUR	Write a letter to yourself.	Meditate by focusing on your body.	Focus on your five senses.	Listen to what's around you.	Move your body.	Create your own affirmation.	Practice mindful listening.
WEEK FIVE	List your goals.	Meditate by focusing on your mind.					

DAY  
1

## Set your intentions.

An intention can be anything—big or small—that you choose to put your energy into doing or being. Think about your life. How are you feeling right now? What do you need today? This month? What do you want to let go of? What matters most to you?

Start by getting comfortable, closing your eyes, and focusing on breathing. In and out. Let your mind explore these questions. When you're ready, slowly open your eyes and write down your intentions.

 Check them off as you go

DAY  
2

## Create a calm, safe space.

Today is about creating a place to practice mindfulness. Make it your own. Claim a corner of your room. A chair by a window. Your favorite spot outside.

Stay present in this moment. Feel the different textures of this space with your hands. Notice the temperature and smells. Think about how it makes you feel.



DAY  
3

## Focus on your breathing.

Think of this as a way to ease into meditation. Because breathing is something we already do without thinking about it, focusing on your breath is a great tool for finding your way back to the present.

Sit comfortably in your safe space and set a timer for two minutes. Take a breath—in through the nose and out through the mouth. Focus on how your breath moves in and out of your body. If random thoughts start to pop into your head, that's okay—thinking is what our minds are for. Instead of following that thought like you would normally, try to always come back to your breathing.



DAY  
4

## Walk outside with intention.

Whether you're walking around your neighborhood, in the park, or on a trail—being outside can help you stay in the present.

As you walk today, focus on each step you take. Feel the sun, or rain, or cool breeze. What sounds do you hear? What do you see? Keep it slow and stay aware of your journey.



DAY  
5

## Practice mindful eating.

Enjoy a meal today in your safe space with no distractions. Savor each bite—the taste, textures, temperature. Think about how it's nourishing your body. And if a full meal seems like too much, try starting with a snack.



DAY  
6

## Repeat positive affirmations.

Positive affirmations are thoughts that can empower us, calm anxiety, and help us achieve our goals. Go to your safe space and set a timer for five minutes. Breathe deeply as you repeat the affirmations below—out loud or to yourself. Give the words your full attention.

*I am free to let go of what's weighing on me. I deserve to be proud of everything I have accomplished. I recognize that I am a work in progress.*



DAY  
7

## **Do one thing for someone else.**

Being mindful can help you build stronger relationships with the people you care about.



Practice being more mindful of others today by doing an act of unprompted kindness for someone. This could be making dinner for your family, writing a letter to a friend, or volunteering your time to help your community.

DAY  
8

## **Make a list.**

It's hard to live in the present when your mind is full of negative past experiences and future anxieties. Lists can be a simple, effective way to free your mind from carrying that stress.



Sit comfortably in your safe space. Take three deep breaths. When you're ready, create a list of the things in your life that you can and can't control—giving yourself permission to give energy to some and let go of others.

DAY  
9

## **Slow down this morning.**

Today is for slowing down a routine. Your morning habits are a great place to start. Resist grabbing your phone right away. Try closing your eyes, breathing deep, and connecting to how you feel. Instead of rushing through your shower, or washing your face, or brushing your teeth—be mindful of every movement and feel yourself slowly waking up.



Missed the morning routine? No big deal. Try it at night or over lunch.

DAY  
10

## **Practice holding your focus.**

Sometimes mindfulness isn't about what you are doing—but what you're not. Take time today to fully focus on one thing. That could be gardening, drawing, exercising, or anything else.



Choose something that relaxes you and only do that for a while—no playing music or answering messages or multi-tasking. Focus completely on what you're doing in this moment. And if your mind starts to wander, let the thought pass and bring your attention back.

DAY  
11

## **Capture what's around you.**

It's time for another intentional walk. Last week you explored everything around you, now let's break it down and take on just one thing today. Choose a different path and focus this walk on your sense of sight. See the beauty, colors, and textures around you.



Try taking photos along the walk. Look at nature from new angles. Find beauty in the ordinary by getting creative.

DAY  
12

## **Listen to music.**

Did you know that you can even listen to music mindfully?



For this exercise, find a song you've never heard before. This could be something new by an artist you love or something totally random. Get comfortable in your safe space, shut your eyes, and get lost in the music, lyrics, and beats. If your focus wanders, that's okay, just acknowledge it and come back to the music.

DAY  
13

## **Create a vision board.**

A vision board can be a great way to see your goals more concretely. Vision boards can be made with a poster or notebook—or digitally.



Take some time today to gather inspirational images, words of motivation, and small objects. Think about the intentions you set last week and how to represent those. Then, bring it all together on your board and keep it somewhere you'll see it often.

DAY  
14

## **Share something with a friend.**

Your mindfulness journey isn't something you have to do alone.



If you're comfortable with it, try opening up to a friend today. You can talk about how you're feeling, things you're going through, or struggles you're facing. And invite them to do the same.

DAY  
15

## **Focus on gratitude.**

Expressing gratitude can make you happier, strengthen your relationships, and even help you feel less lonely or isolated.



Today will be about more than the passing thanks we give in our daily routines. Start with a few deep breaths in your safe space. When you're ready, write freely about what you're grateful for and the good things in your life—be as specific as you can.

DAY  
16

## **Meditate for five minutes.**

Meditation is a mind and body practice that can calm you, help you sleep, and ease anxiety and depression. And remember, this isn't about magically clearing your mind of thoughts—it's a constant practice.



Get comfortable in your safe space. Set a five minute timer. Close your eyes and focus on your breathing, like you've done before. In and out. If your thoughts start to interrupt you, acknowledge them, let them pass, and come back to your breathing.

DAY  
17

## **Focus when going inside and outside today.**

Throughout the day, practice bringing yourself into the present moment by noticing the changes in temperature, sound, sights, and smells every time you go inside and outside.



This can be pausing for 10-30 seconds or however long you're comfortable with. And if you forget, that's okay. There is always next time.

DAY  
18

## Feel the ground on your feet.

When's the last time you took your shoes off and really felt the ground beneath you?



Literally grounding yourself may sound silly but focusing on the physical feeling of the earth under you can help bring you into the present. Go outside today. Close your eyes and stand barefoot for as long as you're comfortable.

DAY  
19

## Practice mindful reading.

Reading can be a great way to get our mind off of the things that are stressing us out, but it can also be a habit we do on autopilot.



Today, choose something to read with purpose—this could just be a chapter, a few pages, or a short article. Focus on the words, visualize moments, take your time and return to parts that stood out, and let your emotions fall away.

DAY  
20

## Pay attention to your inner voice today.

We all spend more time talking to ourselves than with anyone else. Try listening intently to that inner voice today.



Give focus to any positive, supportive words that come. Acknowledge thoughts of self-judgment, stress, or fear—let them pass and meet them with kindness toward yourself.

DAY  
21

## Do something you've never done before.

Doing something totally new to you is a great way to keep yourself in the present. Being surrounded with the unfamiliar can be inspiring and help you notice things you normally wouldn't.



This could be going somewhere new. Taking a new trail or route home. Doing something creative that you've always wanted to try. And remember, new experiences can be even better when shared—so feel free to invite someone to join you.

DAY  
22

## Write a letter to yourself.

Today is about treating yourself the way you treat the people you love. You wouldn't think twice about writing a caring, kind note to a friend—so why not do it for yourself too?



Sit comfortably in your safe space. Close your eyes and take three slow breaths. Reflect on what you love about yourself. What you're proud of. What needs attention and forgiveness. When you're ready, write it out in a letter (or list, if you prefer) to yourself.

DAY  
23

## Meditate by focusing on your body.

A "body scan" meditation allows you to focus on the tension you're carrying physically and release it.



Get comfortable in your safe space. Slowly bring your focus to each part of your body. Start with your head, then move to your neck and shoulders and so on. If you feel tension, try not to think about why. Instead, focus on releasing it through thought or movement.

DAY  
24

## Focus on your five senses.

Today's exercise is about focusing on your surroundings instead of your thoughts.



You can do this anywhere. It's simple—first notice **five things you can see. Notice four things you can feel. Three things you can hear. Two things you can smell. And one thing you can taste.** Try this exercise to ground yourself anytime you feel overwhelmed.

DAY  
25

## Listen to what's around you.

It's time to get back outside. Pick your new route and take a walk today. Enjoy the sounds around you—the breeze rustling leaves, birds chirping, the voices and movements of your neighborhood or community.



DAY  
26

## Move your body.

Whether it's dancing, exercising, or cleaning your room—today is about getting moving.



Whatever you choose to do, take a moment to set an intention. This could be to free yourself from the day's stress or not take yourself so seriously. Spend the time focusing on your movements, feeling the rhythm of what you're doing, and noticing your breathing.

DAY  
27

## Create your own affirmation.

Last week, you listened to your inner voice. This week, you're directing it. Think of your affirmation like a personal motto that's rooted in self-love. Your affirmation will be completely unique to how you're feeling and what you're going through right now.



Sit comfortably in your safe space. Close your eyes and take a few deep breaths. Focus your thoughts on the areas in your life that need attention. If you're drawn to negatives, think about the positive feelings to those negatives. When you're ready, write freely.

DAY  
28

## Practice mindful listening.

Mindful listening is about being fully present in what you're hearing without trying to control or judge it. It can be done in conversations with others or while listening to your inner voice or watching a movie.



Spend some time today catching up with a friend or family member. Focus on listening actively and intently, without letting your internal thoughts take up space or thinking about how you'll respond.

DAY  
29

## List your goals.

Mindfulness is also something that can impact your goals. It can help you be more intentional in setting goals and help you achieve them.



Sit comfortably in your space. After a few deep breaths, bring your focus to what you want to accomplish. Think about why you want those things. What value will they bring to you? Go back to that vision board you created and how it made you feel. When you're ready, make your goals list and re-visit it often.

DAY  
30

## Meditate by focusing on your mind.

You did it. You made it to the final exercise! And we're back to mindfulness meditation and allowing you to stay present in your wandering thoughts—without judging them, getting involved, or bringing focus to them.



Get comfortable in your safe space and set a timer for 5-10 minutes. Close your eyes and focus on breathing. In and out. As thoughts come into your mind, recognize them. Don't worry about trying to quiet or slow down your thinking. Just allow it all to flow through you and come back to your breathing.