Son! Month of Mindfulness A 4-week presence-awareness challenge				
Monday	Tuesday	Wednesday	Thursday	Friday
Slowly stretch and notice tight muscles loosen. How do you feel?	Count the number of times you hear laughter today.	On a walk, try to find every color of the rainbow.	Listen to a room with your eyes closed. Without peeking, picture what's happening.	Name 5 reasons you have to be grateful.
Stand balanced with your eyes closed. Raise your arms to the sky.	Go for a silent walk outside. No talking! Only absorbing.	Smell your meal. Can you guess the ingredients?	Look in a mirror. Name 3 reasons you love yourself.	Run fingers VERY slowly through your hair. What do you feel?
Imagine you're in a snowy valley: how does your body feel?	Lie on the floor and imagine slowly melting into it. Sink deeper and deeper.	Taste a bite of food for one minute before swallowing. What do you notice?	Imagine your thoughts are birds. For one minute, let them fly away until none remain.	Listen to classical music. Identify the instruments you hear. How are they used?
Think of 3 things you can feel on your body right now without moving.	Watch any living thing for 2 minutes. If it doesn't have a name, give it one.	Breathe in deeply for 4 seconds, out slowly for 7. Repeat.	Wiggle each and every muscle, one at a time, starting with toes.	Think about how you feel after this challenge. Invent a new emotion for it!