



## VEHI PATH



# 30 DAY Mindfulness Challenge



**Mindfulness** is simply paying attention to what is happening within you and around you or in other words “focused, relaxed attention.” Training ourselves to pay attention to our sensory experiences (sights, sounds, body sensations, thoughts and emotions) expands our ability to be present in our heart, our mind and our body.

### Challenge Instructions:

1. **Read** through the different mindfulness practice suggestions.
2. **Take on** one type of practice each day for at least 10 minutes.
3. **Notice** when you are distracted and come back to the present moment.
4. **Jot down** what you focused on in your log each day.
5. **Make a copy** of your completed log.
6. **Turn in** the copy to your VEHI Building Leader at the end of the challenge.







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## 30 DAY Mindfulness Challenge



### PRACTICE LOG

Name: \_\_\_\_\_

Day	Date	Type of Mindfulness Practiced	Length of Time Practiced	Comments
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				

(over)



Day	Date	Type of Mindfulness Practiced	Length of Time Practiced	Comments
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				

*Please return a copy of this log to your VEHI Building Leader after the Challenge.*





## 30 DAY Mindfulness Challenge

### SUGGESTED MINDFULNESS PRACTICES

#### **Taste**

- Pick out piece of fruit (apple, orange, pear, etc.). Look at it intently paying attention to its color and its shape. What does it feel like in your hands? What does it smell like? Take a small bite. What does it feel like on your teeth and on your tongue? What does it feel like as it goes down your throat? Notice all of the sensations.
- Eat a meal in complete silence (no phones, no reading materials, no television, etc.). Take each bite slowly. What do you notice? Notice the colors and shapes of your food. What different flavors are present? Are there some flavors you enjoy more than others?

#### **Smell**

- When you are preparing a meal or baking something, notice the variety of smells present in the kitchen. What odors do you appreciate? What smells do you find offensive? What smells are you sensitive to?
- When walking outdoors in silence, focus on the different smells you notice. When you find yourself distracted by other thoughts, note that and bring yourself back to the present moment.

#### **Sounds**

- When walking outdoors in silence, discover all the different sounds you hear in the natural world. Listen intently to them. What are you curious about? Are there unknown sounds you are hearing? When you find yourself distracted by other thoughts, bring yourself back to the present moment.
- Listen to a favorite piece of music without any distractions. Discover the rhythms and the sounds that speak to you.
- Download a mindfulness app and listen to a meditation without any distractions.
- Spend one hour in complete silence. If you need to let others know you are practicing silence, do so in advance.



## Breathing

- Practice breathing while saying to yourself “When I breathe in I calm my body and when I breathe out I relax.” Continue to do so.
- Count your breaths in and out repeatedly for several minutes.
- As you breathe pay attention to the physical sensations of breathing. Feel the breath in your nostrils, your chest, your stomach and your ribs.

## Body Sensations

- When washing dishes focus on multiple sensations. What does the temperature of the water feel like? What does the texture of the soap on your hands feel like?
- When showering, notice all the sensations of the water, the soap, the shampoo and the temperature of the water.
- Tap yourself all over your body. Notice all the sensations.
- Bring your attention to all the physical sensations in your body. When you notice a sensation say that body part in your head. When you notice a new sensation of a different body part say that part in your head. For example, “Mouth . . . . Hands . . . . Arms . . . . Teeth”. When you get distracted bring your attention back to labeling body sensations.
- Silently walk in the outdoors. Notice all of the sensations you feel on your feet, your face and your skin. When you get distracted by outside thoughts, notice that and bring yourself back to the present moment and what you are feeling.

## Sight

- Find something to look at that you find joyful. Focus intently on this object and note your feelings. Savor them.
- Take a walk in the natural world. Focus only on what you see. When you become distracted by other thoughts, note that and come back to the present moment.
- Light a candle and focus on looking at the flame for 10 minutes.
- Focus on external sights, letting your attention shift from one visual object to another. If one grabs your attention shift from place to place with that object. When you get distracted bring your attention back. (Adapted from Shinzen Young’s Basic Mindfulness)

## Other

- Find a place to meditate in your home and practice in silence.
- Attend a yoga class.

