<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| **How to Be the Highest Expression of Yourself**  
(3m 17s) | **The Power of Presence**  
(2m 44s)  
**Activity:** Set one goal or intention for this challenge | **Identifying Stress**  
(8m 58s)  
**Activity:** Build three short breaks per week into your schedule for the rest of the month | **Activity:**  
Think of one thing you appreciate in this moment | **The Power of Presence**  
(2m 44s)  
**Activity:**  
Think of one thing you appreciate in this moment |
| **The Big Four**  
(7m 46s) | **Activity:**  
Take four mindful breaths.  
- Sit up straight  
- Relax your shoulders  
- Hands on your belly  
- Breathe in for four seconds  
- Breathe out for four seconds | **Ways to Ritualize Meaning Every Day**  
(2m 54s)  
**Activity:**  
Think of one thing you’re looking forward to in the next week | **Mindfulness + Compassion = Moving from Me to We**  
(4m 4s) | **Give Up Petty Control**  
(3m 55s)  
**What You Think Matters**  
(3m 53s) |
| **The Forgiveness Formula**  
(5m 22s) | **Mindfulness Is Not Just About Meditation**  
(3m 3s) | **How to Find Your Life Purpose**  
(6m 45s) | **Practice Self-Compassion and Mindfulness**  
(2m 19s) | **Reflection:**  
What were your biggest takeaways from the Mindful Moments challenge? |