

Mindful Moments.

Discover new lessons every day which can be completed in around 5-10 minutes.



Monday	Tuesday	Wednesday	Thursday	Friday
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[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

[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](#)
(1m 55s)

[What You Think Matters](#)
(1m 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?