

# 5

TAP  
IN  
MIND  
BODY  
SPIRIT



## DAY MINDFULNESS CHALLENGE

### 1

Work without multi-tasking for one hour. Turn off all distractions and just do the one thing. It's possible that you will enter a state of flow and work beyond the hour, focused and energized.

### 2

Eat a meal mindfully, attuned to all the sensations. With each bite of food, consider the different flavors. How does the food make you feel?

### 3

Do a chore or household task fully concentrating on the project in front of you. Sweep the floor while only sweeping the floor. Wash the dishes while only washing the dishes.

### 4

Wait - in line, at the doctor's office, at a traffic light - grateful to be there without wishing the wait away. Do not check your phone. Discover your surroundings or just let your mind rest.

### 5

Sit outside and take a moment to activate your senses. See nature, people and buildings. Feel the wind, sun or cold air on your skin. Listen to sounds near and far.