



Mindfulness  
Association

# JULY 31 DAY MEDITATION CHALLENGE

Raising Funds for the Everyone Project ~ Free Mindfulness Where it's Needed

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## JOIN OUR FREE GUIDED DAILY SITS

at 10.30am Monday-Friday & 7pm every day

FIND THE LINK ON OUR HOMEPAGE

5

Follow the guided three minute breathing space on the free Mindfulness Based Living app today.

6

Each time the phone buzzes or rings today take a moment to feel the breath moving through the body.

7

Go for a mindful walk today, sensing from within the changing pressure between the feet and the ground.

8

Eat something mindfully today, noticing the smells, tastes and textures you experience.

9

Take time to ground today, feeling the feet on the floor, any time you notice you are swept away in thinking.

10

Remember a time when someone was kind to you. How did it feel?

11

Bring to mind a dear friend and send them some kind wishes or a kind text.

12

Remember a time when you were kind to someone. How did it feel?

13

Find a way to be kind to yourself today so as to support your health and wellbeing.

14

Remember a time when you were kind to yourself. How did it feel?

15

Bring to mind something you are grateful for in your life and breath the gratitude in and out of your heart.

16

Bring to mind a dear friend and celebrate their good qualities and their good fortune in life.

17

to mind someone you appreciate in your life and send them a kind message.

18

Take time today to celebrate your good qualities and the good fortune that you have in your life.

19

Bring to mind something in your life that makes you happy and breathe it in and out of your heart.

20

Follow the guided self-compassion break on the free Mindfulness Based Living app today.

21

Bring to mind a colour that represents compassion for you and spend a minute breathing this compassionate colour in and out of your heart.

22

Take a moment to scan the body, radiating an energy of kindness to different parts of the body and notice how this feels.

23

Bring to mind a place, real or imagined, where you feel safe. Imagine sitting there for a moment and notice how this feels.

24

Take a moment to check in to the body and move mindfully to ease any tightness or discomfort with an attitude of kindly curiosity.

25

Imagine breathing qualities of compassion in and out of your heart for 10 breaths. How does this feel?

26

Remember today to make kind wishes in your mind towards all those you meet, friend or foe, and all in between.

27

When you notice a difficulty today, see if you can open to it by saying 'yes'. Notice what happens.

28

to mind someone in your life who you find challenging. Imagine being in the shoes of someone who loves this person. What do you notice?

29

Why not join one of the Mindfulness Association's free daily sits today, at 10.30am or 7pm and practice in community.

30

As you go about your life today remember that just like you, all beings wish to be happy and to be free from suffering. How does this feel?

31

Reflect back of the 31 Day Challenge. Notice what has served you and set an intention to do more of it in August. Can you make a donation to The Everyone Project Charity? How does this feel?