

# 7-Day Mindfulness Challenge Tracker

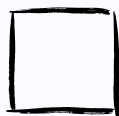
Use this tracker daily to note your progress during the 7-Day Mindful Living Challenge! Check off each activity as you complete it, jot down your reflections in the space provided, and use the tips to spark creativity and fun in your practice. Enjoy making mindfulness interactive and personal!



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## DAY 1

Mindful Breathing  
Finding Calm in the Chaos



Complete 5 minutes of mindful breathing inhale for 4 seconds, hold for 12 & exhale for 8

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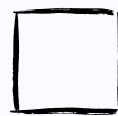
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Write down how you felt before, during, and after your practice

- 🕒 Try using a gentle timer app to keep track
- 😊 When your mind wanders, give yourself a little smile and gently refocus on your breath
- 🔊 Experiment with different counting rhythms until you find what feels natural

## DAY 2

Mindful Eating  
Savouring Each Bite



Eat one meal or snack mindfully (eliminate distractions, chew slowly, savour flavours)

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Record what you noticed about the taste, texture, and how the meal made you feel

- 👁️ Appreciate the colours and aromas of your food
- 🍏 Notice the difference in satisfaction when you eat slowly
- 📝 Write down one unexpected detail you discovered about your meal

## DAY 3

Body Scan or Gentle Yoga  
Reconnecting with Your Body



Complete a 10-minute body scan or 10-15 minutes of gentle yoga

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Note any areas where you felt tension release or moments of newfound awareness

- 🛏️ If sitting feels uncomfortable, try lying down for your body scan
- 📺 Use a guided video to help pace your practice
- 🔍 Focus on one area that usually feels tense and gently direct your attention there

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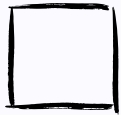
Celebrating each day helps cultivate mindfulness and enriches our lives with gratitude. By appreciating each day's uniqueness, we shift focus from stress to the present moment, embracing simple joys. This practice encourages us to pause and appreciate small victories and connections, fostering fulfillment and a balanced, mindful existence.



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## DAY 4

Gratitude Journaling  
Cultivating a Thankful Heart



Write down 3 things you are grateful for, with a brief note on why each matters

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Reflect on how listing gratitude changes your mood or perspective

- 🌿 Think of gratitude in different categories: relationships, nature, or personal achievements
- 🌟 Use descriptive words to capture the feeling behind each gratitude
- 🎨 Consider drawing a small doodle next to each item for a fun twist

## DAY 5

Digital Detox  
Unplug to Recharge



Spend a designated time (eg.: 1-2 hours) device-free and engage in an offline activity

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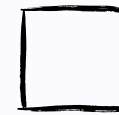
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Describe how being unplugged affected your stress levels and focus

- 📖 Choose an offline activity you love (reading, walking, crafting)
- 😊 Notice any changes in your mood without digital distractions
- 📝 Write one positive outcome from your detox period

## DAY 6

Priming – Intention Setting  
& Morning Gratitude



Spend 5-15 minutes: breathe deeply, re-live past memories, grace and create new realities in your mind

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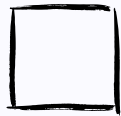
Reflect on how this morning routine influenced the tone of your day

- 📝 Write your intention on a sticky note and place it somewhere visible
- 🎯 Visualise one goal you want to achieve today with calm focus
- 💬 Use a favourite quote or mantra as part of your priming

# 7-Day Mindfulness Challenge Tracker

## DAY 7

Random Acts of Kindness  
Spreading Joy Mindfully



Perform at least one spontaneous act of kindness  
(compliment someone, help a neighbour, etc)

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Describe the act, how it made you feel, and any feedback you received

♥ Think of simple gestures that can brighten someone's day

📱 If possible, share your experience on social media with #VNMindfulChallenge

😊 Reflect on how kindness impacts both you and the receiver



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# Congratulations!

You have successfully taken your first step towards a more mindful life, of presence and true success

What did you learn about yourself?

Which practice resonated most with you?

How do you feel overall compared to the start of the challenge?

Now that you got a taste of what is like to be more present and mindful of your days, why would you stop there? Take it away and make it part of your daily life! this could be the first day of the rest of your mindful life!