9
Day 12

25 Days of Mindfulness Challenge
Write in a Journal

Find a quiet spot or somewhere without distractions. Think about your day today. Think about the things you saw, heard, experienced, etc. When you are ready take a deep breath and start to write. There is no right or wrong for journaling.

10
Day 24

25 Days of Mindfulness Challenge
My Favorite Memories

Let's take a moment and think about some of our favorite memories. It can be something big or small. It can be from a long time ago or something that happened today.

My favorite memories are...

1.

2.

3.

7
Day 13

25 Days of Mindfulness Challenge
5 Sense Activity

My Favorite Sights:

My Favorite Sounds:

My Favorite Smells:

My Favorite Things to Taste:

My Favorite Things to Touch: