

# MINDFUL MARCH CHALLENGE

Week 1: March 1<sup>st</sup> – March 3<sup>rd</sup>

“Being mindful takes effort; it can even be exhausting, but living life being aware brings a wealth of meaning and fulfillment”

|  |   |  |  |  |   |  |
|--|---|--|--|--|---|--|
| <p><b>Welcome to the Mindful March Challenge!</b><br/>The object of this challenge is to help us realize how much we are engaging in kindness to ourselves and to others. Our attitudes have a large impact the mental &amp; physical well-being of ourselves and the people we interact with. This month we are challenging ourselves to elevate our health and improve our community ☺</p> |   | <p><b>7 Things Mindful People Do Differently</b> - Adapted from Elisha Goldstein</p> <ol style="list-style-type: none"> <li>1. Approach everyday things with <b>curiosity</b> – and savor them</li> <li>2. <b>Forgive</b> their own mistakes and mistakes made by others– big or small</li> <li>3. Show <b>gratitude</b> for good moments – and grace for bad ones</li> <li>4. Practice <b>compassion</b> and nurture <b>connections</b></li> <li>5. Make <b>peace</b> with imperfection – inside and out</li> <li>6. Embrace <b>vulnerability</b> by trusting others – and themselves</li> <li>7. <b>Accept</b> and appreciate that things come and go</li> </ol> <p><b>Partner! The MindReset (TMR)</b> is a community based on safety and trust. The purpose of this platform is to cultivate compassion, hope, and resilience in <b>all</b> members. This is done through open conversation, thoughtful listening, expression of mutual understanding, and positive actions such as support and inclusion. To become a TMR Ambassador, contact <a href="mailto:themindreset@gmail.com">themindreset@gmail.com</a>.</p> |  |  | <p><b>Monthly Challenge</b> </p> |  |
|  |   | I volunteered at or participated in a charitable event   |  |  |   |  |
|  |   | I challenged myself to move from intentions to actions   |  |  |   |  |
|  |   | I acted upon one of my dreams for more than 14 days to make it more of a reality   |  |  |   |  |
|  |   | I joined <a href="#">The MindReset (TMR)</a> Community and participated in a community event   |  |  |   |  |
| Well done! Total Points Today:   |   |  |  |  |   |  |
|  |   |  |  |  |   |  |
| <p><b>Thursday</b><br/>03/01</p>    | <p><b>Friday</b><br/>03/02</p>  | <p><b>Saturday</b><br/>03/03</p>    | <p><b>Weekly Challenge</b></p>  |  |   |  |
| Today I reflected on how being mindful will improve my life and the lives of those around me   | I set my Mindful March goals  | I started my day thinking “I am grateful for what I have”  | I got 150 minutes of exercise this week  |  |   |  |
|  | I ate 2.5 cups of veggies   | I thought of someone I am thankful for and I told them   |  |  |   |  |
| I overviewed the challenges and thought about how to accomplish the ones that mean the most to me  | I told someone I love that I loved them today   | I thought about the best thing that happened this week   | I encouraged at least 2 other people to take part in this mindful month  |  |   |  |
|  | I recycled a re-usable product  | I looked into more ways to engage in my hobbies  |  |  |   |  |
|  | I messaged a family member to check-in  | <b>I assessed my mental health</b>   | I surprised someone I cared about with an act of kindness without being asked                                      |  |   |  |
| I encouraged a community of positivity by liking a TMR post  | I read and engaged with a <a href="#">TMR blog post</a>   |  |  |  |   |  |
| Keep it up! Total Points Today:  | TGIF! Total Points Today:   | So grateful! Total Points Today:   | A wonderful week of positivity:  |  |   |  |









**Total points this week** (Be honest with yourself – all points are self-calculated!):

- Daily challenges are worth 5 points each, Weekly challenges 50 points each, Monthly challenges 500 points each
- If you do a challenge on a different day or do it again, it is worth a 1/5<sup>th</sup> of its original point value (i.e. Daily 1 pt, Weekly 10 pts, Monthly 100 pts)
- Personal goal achievements are worth 10 points daily, 100 points weekly, 500 points monthly; journaling your progress is worth 200 points.

# MINDFUL MARCH CHALLENGE

**SUPPORTIVE** Week: March 4<sup>th</sup> – March 10<sup>th</sup>

*“We are stronger than we choose to recognize at times. Sometimes we forget to believe in the potential we have.”*









| Sunday<br>03/04   |  | Monday<br>03/05   |  | Tuesday<br>03/06   |  | Wednesday<br>03/07   |  |
|---|---|---|--|--|---|--|---|
| I gave myself at least 1 hour for just me                       |   | I reflected and acted on my personal goals                  |  | I believed in someone else when I recognized their doubt |   | I encouraged myself to have a productive day   |   |
| I attended or assisted in a healthy activity with a friend      |   | I encouraged a friend who was feeling low                   |  | I made a positive mantra and followed it                 |   | I thought about how grateful I am for my life  |   |
| I called a family member to ask how they were doing             |   | I checked in with how my attitude was affecting others      |  | I helped someone who was struggling with something       |   | I messaged my best friends   |   |
| I interacted with my spirit (church, meditation, thought)       |   | I thought about 2 people who helped me and thanked them     |  | I smiled at everyone today and said hello                |   | I assisted someone in the way they asked to be helped  |   |
| I reflected on how I overcame a difficult situation in the past |   | I believed in myself when I recognized self-doubt           |  | I participated in a TMR Twitter/facebook poll            |   | I acknowledged something I would have avoided  |   |
| I used social media to amplify a friend’s voice                 |   | I participated in a movement to support positive change     |  | I shared my true feelings with someone                   |   | I thought about the best thing that happened today   |   |
| Wonderful! Total Points Today:                                  |   | Nice work! Total Points Today:                              |  | Thank you! Total Points Today:                           |   | Well done! Total Points Today:   |   |
| Thursday<br>03/08   |  | Friday<br>03/09   |  | Saturday<br>03/10  |  | Weekly Challenges  |  |
| I gave someone a hug who looked like they needed one            |   | I reflected on the congruency between my actions and words  |  | I told myself to be happy and find peace                 |   | I thought about the best way to support my health this week and executed it daily                  |   |
| I took three long thoughtful breaths                            |   | I asked myself how I was feeling                            |  | I listened with intention                                |   |  |   |
| I texted someone I hadn’t talked to in a while                  |   | I checked in with a sick friend                             |  | I told a joke to make someone else laugh                 |   | I supported a family member or friend by taking time away from my personal schedule to fit them in |   |
| I encouraged a community of positivity by liking a TMR post     |   | I recognized the strength of another and told them          |  | I thought about someone I love and told them             |   |  |   |
| I gave myself a pat on the back for doing something well        |   | I appreciated what I was doing in the moment                |  | I gave someone an unexpected gift                        |   | I budgeted for the upcoming week to practice financially supporting myself                         |   |
| When I was starting to have a bad attitude, I changed it        |   | I encouraged a community of positivity by liking a TMR post |  | I asked a family member how I could help them today      |   |  |   |
| Keep it up! Total Points Today:                                 |   | TGIF! Total Points Today:                                   |  | So grateful! Total Points Today:                         |   | A wonderful week of positivity:  |   |

**Total points this week** (Be honest with yourself – all points are self-calculated!):

# MINDFUL MARCH CHALLENGE

**INCLUSIVE** Week: March 11<sup>th</sup> – March 17<sup>th</sup>

*“Compassion becomes real when we recognize our shared humanity”*

| Sunday<br>03/11  |  | Monday<br>03/12   |  | Tuesday<br>03/13   |  | Wednesday<br>03/14  |  |
|--|---|---|--|--|---|---|---|
| I took an hour to engage in self-care                    |   | I acknowledged an individual, not their label             |  | I listened to a podcast about a group I am not familiar with |   | I explored how my race affects my life  |   |
| I organized a time to get together with old friends      |   | I reflected and acted on my personal goals                |  | I appreciated my abilities                                   |   | I thought about how my peers influence me   |   |
| I recognized my privilege and partook in a selfless act  |   | I thanked others in my life for being present             |  | I explored how my spirituality affects me                    |   | I went out of my way to learn from someone unlike myself                                    |   |
| I checked in with my emotional wellbeing                 |   | I did something a little extra to make someone else smile |  | I gave someone a hug who looked like they needed one         |   | I focused on how my actions moving forward matter most                                      |   |
| I made a short three item checklist and completed it     |   | I appreciated my freedom of choice and acted positively   |  | I recognized how my choices affect others                    |   | I encouraged a community of positivity by liking a TMR post                                 |   |
| I practiced positive language                            |   | I asked someone to join in on one of my hobbies           |  | I participated in a TMR Twitter/facebook poll                |   | I spent time with someone outside my direct friend group                                    |   |
| Wonderful! Total Points Today:                           |   | Nice work! Total Points Today:                            |  | Thank you! Total Points Today:                               |   | Well done! Total Points Today:  |   |
| Thursday<br>03/15  |  | Friday<br>03/16   |  | Saturday<br>03/17  |  | Weekly Challenges   |  |
| I listened to a talk about diversity                     |   | I learned how to say “Thank you” in another language      |  | I thought about the influence of my actions and words        |   | I stood up for myself and/or someone else fearlessly  |   |
| I explored how my gender affects my life                 |   | I explored how socioeconomic status affects my life       |  | I dispelled the idea of “them” versus “us”                   |   |   |   |
| I appreciated my privilege and used it to bring equity   |   | I recognized the power of social inclusivity              |  | I humbly admitted to an act of selfishness to another person |   | I reached out to someone I had excluded intentionally or not                                |   |
| I invited a friend to do something                       |   | I toasted to friendship and community                     |  | I gave something of my own to someone else                   |   |   |   |
| I reached out to someone different than I normally would |   | I accepted myself with love while embracing progress      |  | I forgave myself for not being “perfect”                     |   | I shared one of my vulnerabilities with another person to encourage openness and acceptance |   |
| I rested when I was tired                                |   | I reached out to a family member or friend                |  | I read and engaged with a <a href="#">TMR blog post</a>      |   |   |   |
| Keep it up! Total Points Today:                          |   | TGIF! Total Points Today:                                 |  | So grateful! Total Points Today:                             |   | A wonderful week of positivity:   |   |









**Total points this week** (Be honest with yourself – all points are self-calculated!):

★ **MIDPOINT CHECK-IN**, how are things going?

# MINDFUL MARCH CHALLENGE

COMPASSIONATE Week: March 18<sup>th</sup> – March 24<sup>th</sup>

“Compassion is passion at its positive best”









| Sunday<br>03/18   |  | Monday<br>03/19  |  | Tuesday<br>03/20  |  | Wednesday<br>03/21  |  |
|---|---|--|--|---|---|---|---|
| I woke up stretched and smiled                            |   | I woke up and appreciated the opportunity for another day      |  | I participated in a TMR Twitter/facebook poll           |   | I woke up appreciating the positive aspects of myself                                   |   |
| I thought about my coping strategies - are they positive? |   | I gave someone a hug   |  | I benefitted someone else and felt the emotional reward |   | I texted someone who I know is struggling   |   |
| I reflected on positive aspects of my life                |   | I donated change to charity                                    |  | I took a moment to realize I'm doing alright            |   | I practiced recognizing and apologizing for negativity                                  |   |
| I gave myself at least 1 hour for just me                 |   | I forgave myself for not being able to “do it all”             |  | I acknowledged someone for being kind                   |   | I did not minimize the suffering of another human experience                            |   |
| I said something kind to a stranger                       |   | I reflected and acted on my personal goals                     |  | I appreciated my job/work/education                     |   | I engaged in 15 minutes of physical activity  |   |
| I reached out to those who have supported me              |   | I practiced commonalities: “Just like me, this person is...”   |  | I shared something new I learned today with someone     |   | I valued the practice of venting and the people who listen                              |   |
| Wonderful! Total Points Today:                            |   | Nice work! Total Points Today:                                 |  | Thank you! Total Points Today:                          |   | Well done! Total Points Today:  |   |
| Thursday<br>03/22   |  | Friday<br>03/23  |  | Saturday<br>03/24                                       |  | Weekly Challenge  |  |
| I woke up determined to use my energy to better myself    |   | I woke up thinking kind thoughts towards others                |  | I woke up with a mindset of seeing the best in others   |   | I sincerely apologized for hurting someone when I knew I was accountable                |   |
| I thought about how grateful I am for my life             |   | I let go of something that was minimal                         |  | I told someone I appreciate them                        |   |   |   |
| I shared something good with someone else                 |   | I appreciated my health  |  | I improved my community by taking action                |   | I genuinely forgave someone for hurting me  |   |
| I did something on purpose to make someone smile          |   | I found positive attributes in a person I perceived negatively |  | I used social media to share a positive perspective     |   |   |   |
| I found reasons to smile                                  |   | I thought about what makes me happy                            |  | I asked myself what is working right now in my life     |   | I confronted a tough situation with a difficult conversation by being gentle and honest |   |
| I practiced empathy by focusing on someone else           |   | I engaged in thoughtful conversation                           |  | I read and engaged with a <a href="#">TMR blog post</a> |   |   |   |
| Keep it up! Total Points Today:                           |   | TGIF! Total Points Today:                                      |  | So grateful! Total Points Today:                        |   | A wonderful week of positivity:   |   |

**Total points this week** (Be honest with yourself – all points are self-calculated!):

# MINDFUL MARCH CHALLENGE

**KIND** Week: March 25<sup>th</sup> – March 31<sup>st</sup>

*“The smallest act of kindness is worth more than the grandest intention”*

| Sunday<br>03/25   |  | Monday<br>03/26  |  | Tuesday<br>03/27   |  | Wednesday<br>03/28   |  |
|---|---|--|--|--|---|--|---|
| I gave myself at least 1 hour for self-reflection         |   | I reflected and acted on my personal goals                     |  | I quieted my mind and focused on my heart for 5 minutes  |   | I looked for the lesson in a negative situation                            |   |
| I got at least 7 hours of sleep                           |   | I gave someone a hug   |  | I participated in a TMR Twitter/facebook poll            |   | I paid attention to my physical and mental wellbeing                       |   |
| I wore clothes that made me feel comfortable or confident |   | I took three long thoughtful breathes                          |  | I accepted a compliment with a “thank you”               |   | I spent time helping someone else  |   |
| I sent a card to someone I care about                     |   | I expressed myself openly with confidence                      |  | I chewed slowly when I ate and enjoyed every bite        |   | I caught myself self-criticizing and stopped                               |   |
| I disconnected from screens and electronics for 1 hour    |   | I thought about the best thing that happened today             |  | I wrote down 3 things I was grateful for about myself    |   | I asked for help when I needed it  |   |
| I treated myself to a massage or gave someone else a rub  |   | I told someone that I like them                                |  | I felt peace understanding not everyone will like me     |   | I sincerely praised a person with an opposing viewpoint                    |   |
| Wonderful! Total Points Today:                            |   | Nice work! Total Points Today:                                 |  | Thank you! Total Points Today:                           |   | Well done! Total Points Today:   |   |
| Thursday<br>03/29   |  | Friday<br>03/30  |  | Saturday<br>03/31  |  | Weekly Challenge   |  |
| I drank at least 1L of water                              |   | I thought about all the people I interacted with – was I kind? |  | reflected on my core values – am I holding true to them? |   | I made peace with myself for a perceived imperfection                      |   |
| I shared something positive with a friend                 |   | I treated someone how they wanted to be treated                |  | I did at least 10 jumping jacks                          |   |  |   |
| I took a walk in my community and admired it              |   | I gave myself time to act silly and play                       |  | I read the news to understand my community better        |   | I was tolerant of something I usually am not and thought about my attitude |   |
| I relaxed when I was tired                                |   | I said “no” to something that would have stressed me out       |  | I read and engaged with a <a href="#">TMR blog post</a>  |   |  |   |
| I did something to bring myself laughter                  |   | I interacted with someone who makes me feel confident          |  | I treated myself   |   | I posted a thought-provoking and inspiring image or story to TMR Facebook  |   |
| I was completely honest with myself today                 |   | I ate at least one balanced meal today                         |  | I thanked my friend for being my friend                  |   |  |   |
| Keep it up! Total Points Today:                           |   | TGIF! Total Points Today:                                      |  | So grateful! Total Points Today:                         |   | A wonderful week of positivity:  |   |

**Total points this week** (Be honest with yourself – all points are self-calculated!):

**Total points this month:**

★ **FINAL CHECK-IN**, how did things go?