

Mindfulness Checklist

This daily Mindfulness checklist of 30 second simple and accessible practices to help nurture focus, connection, and calm during the day. Start with one a day then increase them when you are ready. Make note of the practices you chose to do each day to keep track of your daily Mindful moments.

- Use scented body cream & tune into your sense of smell for 30 seconds.
- Give someone a hug and immerse yourself in the physical touch and entire experience.
- Acknowledge a random feeling with no judgement. Feel it, observe it, breath through it.
- Notice the weather. Watch the rain, observe the snow, feel the heat of the sun on your skin.
- Practice gratitude. Count 10 things you are grateful for on your fingers.
- When you wake in the morning, set an intention for the day.
- Use a new spice in your cooking and take a few moments to breathe it in before eating.
- Place your hands on your belly. Feel it rise and fall. Count 10 breaths. Notice the sensations.
- Wash your hands and notice the aroma of the soap. Inhale a few deep breaths of the scent.
- Do a brief pre-recorded audio meditation at any time of the day.
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- Light a candle and stare at it. Notice the subtleties of the flame and the way it moves.
- Go for a mindful walk. Look attentively at the elements of nature (i.e., trees, flowers, etc.)
- Drive in silence. Turn off the radio and listen to the sounds near you and in the distance.
- Place your hands over your heart and feel your heart beating. Count 10-20 beats.
- Take a bath or shower. Notice the temperature of the water on your skin.
- Take a bite of food. Hold it in your teeth. Chew the piece slowly until it liquifies.
- Take 10 slows steps barefoot on the ground. Watch your feet as they step & land.
- Before bed, do a quick body scan from head to toe. Name each part of the body.
- Watch the sunrise or sunset. Notice the form it takes in the sky, the subtleties of the colours.
- Eat mindfully. Turn off distractions. Sit at the table. Look, listen, smell, feel, & taste your food.
- Drink a glass of water, slowly. Sip by sip, notice how the water moves in your mouth.
- Count each inhale and exhale. Try to count to 10. If a thought pops up, start again from #1.
- Smile! Notice how your face moves and how it makes you feel. Name emotions that come up.

MORE PRACTICES...

Daily Check-in

Use this template to keep track of your daily Mindfulness practices. Remember that the mind is a muscle and it needs to be trained. If you skip a day, no worries. Observe kindness, self-compassion, and non-judgement. It's not about the goal, it's about the journey! Make copies of this template and work towards extending the practices from one week to two weeks, to a month, and so on.

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