



MINDFUL MARCH CHALLENGE

Week 1: March 1st – March 2nd

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

<p>Welcome to the Mindful March Challenge! 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 & 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>7 Things Mindful People Do Differently - Adapted from Elisha Goldstein</p> <ol style="list-style-type: none"> 1. Approach everyday things with curiosity – and savor them 2. Forgive their own mistakes and mistakes made by others– big or small 3. Show gratitude for good moments – and grace for bad ones 4. Practice compassion and nurture connections 5. Make peace with imperfection – inside and out 6. Embrace vulnerability by trusting others – and themselves 7. Accept and appreciate that things come and go 		<p>Monthly Challenge </p>
	<p>1. Approach everyday things with curiosity – and savor them</p>		<p>I volunteered at or participated in a charitable event</p>
	<p>2. Forgive their own mistakes and mistakes made by others– big or small</p>		<p>I challenged myself to move from intentions to actions</p>
	<p>3. Show gratitude for good moments – and grace for bad ones</p>		<p>I acted upon one of my dreams for more than 14 days to make it more of a reality</p>
	<p>4. Practice compassion and nurture connections</p>		<p>I joined The MindReset (TMR) Community and participated in a community event</p>
<p>Partner! The MindReset (TMR) is a community based on safety and trust. The purpose of this platform is to cultivate compassion, hope, and resilience in all 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 themindreset@gmail.com.</p>		<p>Well done! Total Points Today:</p>	

Whenever you start Bonus		Friday 03/01		Saturday 03/02		Weekly Challenge	
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 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 overviewed the challenges and thought about how to accomplish the ones that mean the most to me		I recycled a re-usable product		I looked into more ways to engage in my hobbies		I surprised someone I cared about with an act of kindness without being asked	
		I messaged a family member to check-in					
		I encouraged a community of positivity by liking a TMR post		I read and engaged with a TMR blog post			
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 1/5th 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.



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SUPPORTIVE Week: March 3rd – March 9th

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

Sunday 03/04	☘	Monday 03/04	☘	Tuesday 03/05	☘	Wednesday 03/06	☘
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 03/07	☘	Friday 03/08	☘	Saturday 03/09	☘	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 10th – March 16th

“Compassion becomes real when we recognize our shared humanity”

Sunday 03/10	☘	Monday 03/11	☘	Tuesday 03/12	☘	Wednesday 03/13	☘
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 03/14	☘	Friday 03/15	☘	Saturday 03/16	☘	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 TMR blog post			
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 17th – March 23rd

“Compassion is passion at its positive best”

Sunday 03/17	☘	Monday 03/18	☘	Tuesday 03/19	☘	Wednesday 03/20	☘
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 03/21	☘	Friday 03/22	☘	Saturday 03/23	☘	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 TMR blog post			
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 24th – March 30th

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

Sunday 03/24	☘	Monday 03/25	☘	Tuesday 03/26	☘	Wednesday 03/27	☘
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 03/28	☘	Friday 03/29	☘	Saturday 03/30	☘	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 TMR blog post			
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?