

## DECEMBER ADVENT MINDFULNESS CHALLENGE.

### DAY ONE

Stretch first thing in the morning. Doing some stretching and breathing right after you wake up in the morning, will energize you and centre you for the day ahead.

### DAY TWO

Drink water all day. Drink lots of water during the day, starting with a glass at breakfast. Your body dehydrates overnight, so refilling the tank early will help you be more present and energetic throughout the day.

### DAY THREE

Chew your food slowly. And enjoy the texture and the taste! You'll be more satisfied with less food and more likely to notice other subtleties throughout the day.

### DAY FOUR

Write down your top three priorities for the day, first thing in the morning. Especially before you check your email. You'll be a lot less likely to get caught up in mindlessly reacting to whatever hits your screen during any given day.

### DAY FIVE

Listen to music. If you listen to music that moves you instead of mindless chatter from the flat screen, you will in turn make a conscious choice to listen to things that nourish you, rather than deplete your mind and heart.

### DAY SIX

Journal. Write in your journal to capture your reflections on your purpose and how you're continuing to show up for that. Over time, you'll create a record of your life that will provide valuable perspective.

### DAY SEVEN

Ask yourself, "What's working right now?" No matter how bad things seem, there is almost always something that's going right. Mindfully build on that.

### DAY EIGHT

Breathe deeply. If you take three deep breaths from your belly before and after every conversation, you'll be more present during the conversation and clear your mind after.

### DAY NINE

Put your phone in airplane mode when you're in meetings. Freeing yourself from the distractions of your smartphone will remove a lot of the interruptions that can keep you from being fully present.

### DAY TEN

Slow down! If you take a moment to stop and smell the roses, you'll have more appreciation for all the beauty and abundance that life has to offer.

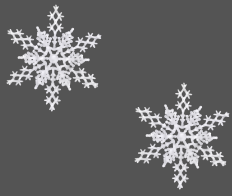
### DAY ELEVEN

Practice "transformational listening." Listening fully and without an agenda builds the relationships that make life sweet, as opposed to "transactional" or "transient" listening.

### DAY TWELVE

Stretch and move often. Get out of your chair regularly for at least five minutes every hour to optimize your health and well-being.





## DAY THIRTEEN

Go out for lunch. Take lunch away from your desk. Your body and brain deserve the break!

## DAY FOURTEEN

Get outside! No matter what the weather's like, learn to appreciate the now by enjoying the beauty of the outdoors, regardless of your scenery.

## DAY FIFTEEN

Tell someone how much you appreciate them. Be specific — it may be the first time anyone has ever shared that compliment with them. What a gift!



## DAY SIXTEEN

Notice what time frame your mind is in. If it's in the past or future, gently bring it back to the present.

## DAY SEVENTEEN

Eat fresh, whole foods. Snacks like nuts, veggies or low-sugar fruit are much better for you than processed foods, and will curb hunger, giving you more energy and focus throughout the day.



## DAY EIGHTEEN

Question your assumptions. Expand and challenge the way you look at people and situations.

## DAY NINETEEN

Call an old friend. It will warm their heart and yours!



## DAY TWENTY

Move your body in a mindful way for at least 30 minutes. Think of it as a moving meditation.

## DAY TWENTY ONE

Put your phone in a drawer for at least a couple of hours when you get home each evening. You may be surprised and delighted by what you notice.

## DAY TWENTY TWO

Write a personal note (on paper) to say "Thanks!" There's a good chance that person will cherish it forever.

## DAY TWENTY THREE

Take time each day to reflect on why you're here. Celebrate one thing you did today that served that very purpose.

## DAY TWENTY FOUR

Get a good night's sleep. Keep your smart phone and tablet out of your bedroom. The light from them messes up your sleep pattern. You need a good night's rest for a great day tomorrow!

### Did you know?

In German tradition, nutcracker dolls are symbols of good luck and represent power and strength, frightening away malevolent spirits. The nutcracker serves like a trusty watch dog guarding your family from evil spirits and danger. While nearly all nutcrackers from before the first half of the 20th century are functional, a significant proportion of modern nutcrackers are primarily decorative, and not able to crack nuts.

