

14 DAYS OF



Mindfulness



BY GREAT MINDS TOGETHER

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Try a mindfulness activity each day for 14 days!

Day 1 - Send your friends a photo of a time you enjoyed together



Day 2 - Write down 3 things you've done that you are really proud of



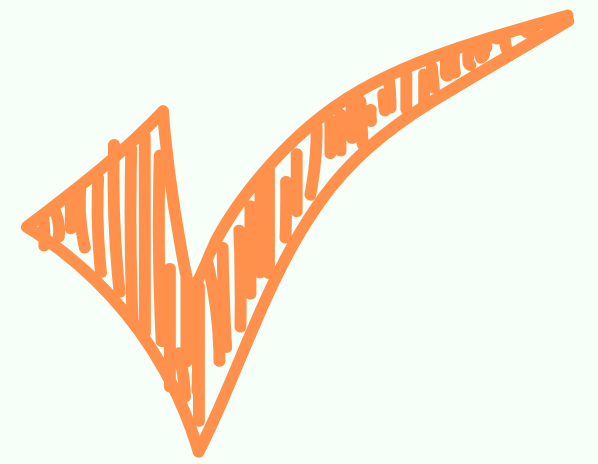
Day 3 - Hand write a letter to someone you care about and post it (or send them a photo of it)



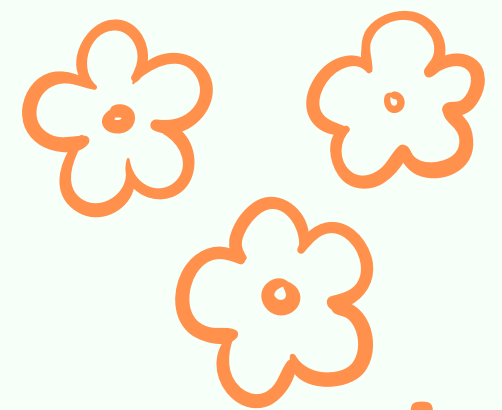
Day 4 - Find 5 things around you which you find meaningful



Day 5 - Focus on what you can do rather than what you can't do



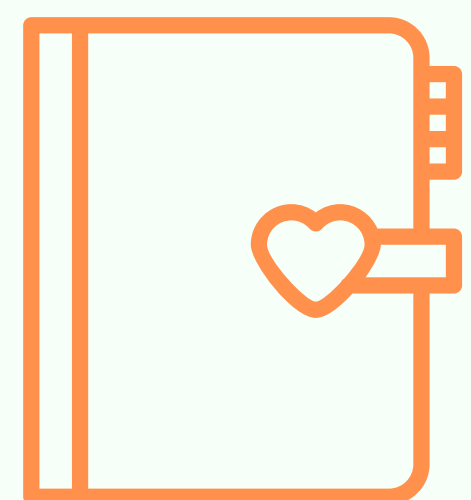
Day 6 - Set yourself a kindness task



Day 7- Find out about the traditions and values of another culture



Day 8 - Find 3 reasons to be hopeful about the future



Day 9 - Find a quote that inspires you and share it



Day 10 - Do something that makes you laugh



Day 11 - Start a journal of positive memories



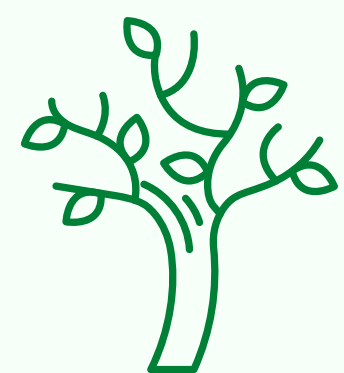
Day 12 - Talk to somebody about your favourite music



Day 13 - Give out 3 compliments



Day 14 - Take a minute to go outside and breathe in fresh air



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