

Welcome to Mindful October: Elevate Through Awareness

Thank you for choosing to invest in yourself this month! The purpose of this challenge is not to clear your mind or achieve perfection, but to develop a greater sense of presence in your daily life. Each day offers a simple practice or reflection designed to help you slow down, tune in, and cultivate mindful habits that support your well-being. Approach each prompt with curiosity, kindness, and patience.

How to Participate:

Complete the Daily Prompts

- ✓ Use this handout as your guide
- ✓ Take a few minutes each day to complete the mindfulness prompt and reflection

Attend Classes

- ✓ Yoga Classes at No Borders Fitness will be a great check in through the month
- ✓ Practice mindfulness on your mat, with others doing the challenge

Follow Along on Instagram

- ✓ Follow @amanda_breathe.yoga and @nobordersfitness on Instagram for daily inspiration, reminders, and challenge updates
- ✓ Engage by commenting on stories, sharing your experiences, and encouraging your fellow participants

Find an Accountability Buddy

- ✓ Invite a friend, family member, or colleague to join the challenge with you.
- ✓ Check in with each other regularly, encourage one another, and celebrate your progress together

Make it Your Own

- ✓ There is no “perfect” way to practice mindfulness
- ✓ Whether you spend two minutes or twenty, every mindful moment counts!

Remember...

As you move through this challenge, remember that even the smallest moments of mindfulness can create meaningful change. The benefits of mindfulness often unfold in unexpected ways. Trust the process, embrace the journey, and allow yourself to discover what is possible.

Mindfulness Tracker

Day 1: Arrive

Take 5 slow breaths. Notice how your body feels right now without trying to change anything.

Day 2: Mindful Morning

Before checking your phone, spend one minute noticing sights, sounds, and sensations around you. What did you notice?

Day 3: Gratitude Pause

Write down three things you're grateful for today.

- 1.
- 2.
- 3.

*If one of these things is a person, let them know, and tell them why.

Day 4: Single-Tasking

Choose one activity and do it without multitasking.

*Notice how long you're able to stay focused on the one activity. If you start to multitask, can you notice what you're doing and try to come back to where you started?

Day 5: Mindful Walk

Take a 10-minute walk and focus on each step, sound, and sensation.

If you go with a friend, try to walk in silence for the duration.

If the weather doesn't support outside, join me for noon yoga and practice this increased awareness on your mat. What did you notice?

Day 6: Body Scan

Spend five minutes slowly noticing each part of your body from head to toe. Do this on your own or join me for 7pm Hatha and we will include this exercise in the class.

Day 7: Reflection Day

Join me for Yin at 7:15pm to practice together, and reflect on the week and this challenge.

Ask yourself: What have I noticed about my thoughts this week?

Day 8: Mindful Eating

Eat one meal or snack without distractions. Notice flavors, textures, and aromas. How does the food make you feel while you're eating it and afterwards?

Day 9: Listen Deeply

Give someone your full attention in a conversation today. No phone in hand, no looking at your watch. Truly engage with this person. So often in conversations we can be preparing our answers or comments on what the person we're talking with is sharing. Notice, and let that go, just listen and respond when they are done.

Day 10: Breath Break

Pause three times throughout the day for three deep breaths. What helped you remember to take these breaths? Did you notice you need it or did scheduling it in help? What changed for you by doing this and how long did it last?

Day 11: Notice Nature

Find something beautiful outdoors and spend one minute observing it. What did you notice, and what did you find beautiful about it?

Day 12: Self-Compassion

Speak to yourself as you would a good friend.

We've all heard it before... take the advice you would give to others. Now, notice the voice in your head, and the way you talk to yourself. Is it helpful? What compassion can you offer yourself today?

Day 13: Digital Pause

Take a 30-minute break from screens. Sleep hygiene recommends not looking at screens before bed, this could be a great time to practice this. Are you wearing a smart watch? These count too. Take Hatha with me and leave your watch out of class today.

When did you take your screen break and what did you do with this break?

Day 14: Reflection Day

What situations make it hardest for you to stay present?

Join me for Yin at 7:15p, and practice presence in this class. Is it harder to stay present in challenging poses, or in softer poses?

Day 15: Mindful Movement

Stretch or move your body slowly and intentionally for 5 minutes.

Make this different than your regular exercise routine. Set a timer and move, notice what feels good in your body, notice what parts of your body need more attention.

If you are attending a fitness class today, consider adding these 5 minutes of intentional movement before the class. How does this change your workout?

Day 16: Observe Thoughts

Spend 5 minutes noticing thoughts come and go without judging them.

What came up? What did it feel like to just notice and not act? Did you find it challenging to not judge yourself or thoughts?

Day 17: Kindness Challenge

Do one small act of kindness without expecting anything in return. Don't tell anyone what your act of kindness was. Notice how you felt after, and the effect you had on another person. What was that like?

Day 18: Notice Your Breath

Several times today, pay attention to if your breath is shallow or deep, what part of your body moves with your breath (neck, shoulders, chest, ribcage, belly). How is your mental state at the times you notice your breath? Notice the connection of your mental state to how your breath feels and moves.

Day 19: Bring Awareness to Your Physical Practice

Take a class today, and be more aware of how you move your body. How do you approach physical challenges, can you control your effort, your body, your approach? Can you make changes you need to so you are adapting to how you feel, rather than forcing something? Can you keep this level of focus for the entire class.

Day 20: Declutter Your Mind

Write down everything on your mind for five uninterrupted minutes. (Use as much paper as necessary.) Try to do this pen or pencil and paper, not on a device if you can. Afterwards, what do you feel? Consider doing this before you come to Hatha, or enter a conversation or meeting that requires you to be your most focused.

Day 21: Reflection Day

What mindfulness practice has been most helpful so far?

Day 22: Slow Down

Choose one routine activity and do it 25% slower than usual. Slow is smooth and smooth is fast. Sometimes when we slow down, we are actually more efficient. What did you choose, and what did you notice?

Day 23: Mindful Waiting

The next time you're waiting, notice your surroundings instead of reaching for your phone. Did you find this a challenge? How many times did you notice yourself reaching for your phone?

Day 24: Appreciating the Ordinary

Find joy in something you normally overlook. Kids can get excited over the smallest thing, the color on a leaf, a rock that looks like a heart, you name it. Why can't we do that as adults too. Take a moment to find your inner kid and let yourself get excited and feel joy over the small everyday things.

Day 25: Check-In

Pause and ask: "What do I need right now?"

We all want to answer "a million dollars" (or maybe more in this economy) but take a moment and pick a need that can be met today, no matter how small. See it clearly, and take one step toward meeting that need.

Day 26: Intentional Responses

Notice your reaction to things around you today, other drivers on the road, parking lots, how people talk to you, tasks you may not want to do, anything else that comes up. Before you respond, either out loud or in your head, pause, take 3 breaths, and then with a clearer head respond. What does that do for you? Did it change your reaction?

Day 27: Presence in Relationships

Spend 10 minutes with someone with no devices nearby.
What was different about your interaction?

Day 28: Reflection Day

How has mindfulness changed your days this month?

Day 29: Celebrate Progress

Acknowledge one positive change you've noticed in yourself. What changes have you noticed in your interactions with others while you have been practicing being more mindful and present?

Day 30: Intention Setting

Choose one mindfulness practice you'll continue. What will you do to keep the commitment to yourself?

Congratulations on Completing Mindful October!

Whether you completed every prompt or simply made a commitment to be more present throughout the month, take a moment to celebrate your efforts. Every mindful breath, intentional pause, and moment of reflection contributed to your journey.

The true value of mindfulness isn't found in completing a challenge. It's found in the small shifts that happen along the way: taking a deeper breath before reacting, noticing moments of gratitude, finding calm in the midst of a busy day, and reconnecting with what matters most.

As you move forward, remember that every day offers a new opportunity to begin again. Carry these mindful habits with you and trust that even the smallest moments of presence can create meaningful and lasting change.

Continue to approach each day with mindfulness and intention. The benefits may reveal themselves quietly and unexpectedly, enriching your life in ways both great and small.

Thank you for joining me on this challenge, I truly hope you benefited from this practice this month! I am grateful to you for taking this time, whether it was at home or on your mat with me at No Borders!

~Amanda