



# Weekly Challenge 1: 7 Days of Stillness

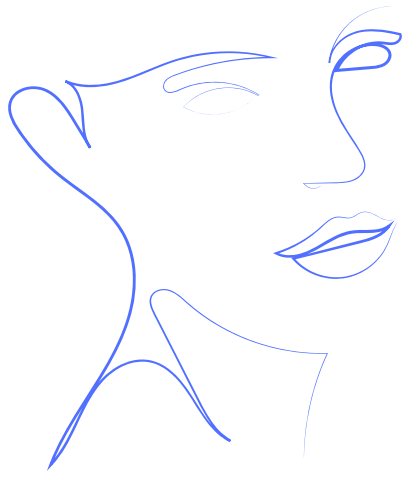
*A daily invitation to notice what's already here.*

**A free resource from Roj**



**Intro page:**

*Stillness isn't something you achieve. It's what remains when you stop chasing, bracing, or pushing. This 7-day challenge invites you to taste stillness in small, simple ways — each practice takes just a few minutes. No goals, no pressure, only the reminder: Presence has never left you.*



## WEEKLY CHALLENGE 1: 7 DAYS OF STILLNESS

### **Day 1 — 2 Minutes of Silence**

*Sit in silence for 2 minutes. Notice your breath, your body, or the hum of life around you. Write down one word that captures what you felt.*

### **Day 2 — Grounding in the Body**

*Stand or sit and place your feet firmly on the ground. Notice the support beneath you. Question: What does “being held” feel like today?*

### **Day 3 — Soft Eyes**

*Spend 2–3 minutes gazing softly at something in nature (a plant, the sky, a tree). Notice what shifts in your body.*

### **Day 4 — The Pause Breath**

*Pause mid-day. Take 3 slow, steady breaths. Question: What am I noticing right now?*

### **Day 5 — Stillness in Motion**

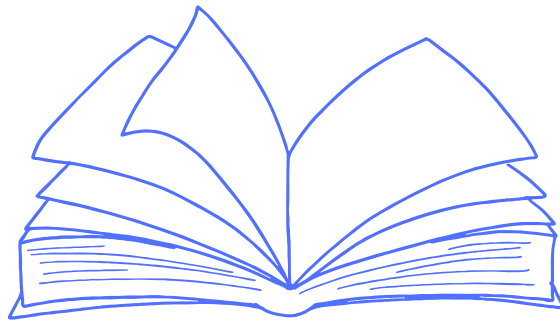
*As you walk, slow down for a few steps. Notice your feet touching the earth. What did you notice that you usually miss?*

### **Day 6 — Listening Stillness**

*Spend 2 minutes just listening. Don’t label sounds — simply let them rise and fall. Reflection: What’s here when I just listen?*

### **Day 7 — Returning Home**

*Sit for 5 minutes in silence. Let the week’s stillness collect in you. Reflection: What have I remembered about stillness in myself?*



## CLOSING FOR 7 DAYS OF STILLNESS

Stillness isn't something you gained this week. It's what was already here, waiting for your attention.

Whether your mind wandered, your body fidgeted, or you felt deep rest, it was all part of Presence doing what it does: holding everything as it is.

As you move forward, remember: you don't need a timer, a challenge, or even silence to return. Stillness is never gone. It lives in you.



## **Weekly Challenge 2: The Pause Practice**

*A 7-day invitation to interrupt the cycle of “doing” with moments of being.*

### **Intro:**

*Life moves fast. Presence doesn't.*

*This challenge invites you to press “pause” once a day, notice what’s here, and (if you want) share what you find.*

### **How It Works:**

- *Once a day, pause for 1–3 minutes.*
- *Notice: body, breath, thoughts, or simply the silence.*
- *Write one sentence or word about what came up.*
- *Optional: share your “pause” with the community to remind others they’re not alone in this.*



**DAILY PROMPTS (SAME STRUCTURE, DIFFERENT REFLECTION):**

**Day 1:** Pause & ask, *What's happening in my body right now?*

**Day 2:** Pause & ask, *What thought keeps looping?*

**Day 3:** Pause & ask, *What emotion is present?*

**Day 4:** Pause & ask, *What am I avoiding or resisting?*

**Day 5:** Pause & ask, *What feels steady in me right now?*

**Day 6:** Pause & ask, *What do I notice when I let go of effort for a moment?*

**Day 7:** Pause & ask, *What has this practice reminded me of?*



### CLOSING FOR THE PAUSE PRACTICE

Each pause you took this week wasn't about escaping life — it was about returning to it.

Pausing didn't add anything new; it simply reminded you of what's always been here: your breath, your body, your awareness.

Carry that with you. One breath. One pause. One moment of remembering: you are already home.