

30-Day Meditation Challenge



What if there were a proven way to help you prevent stress? To quiet those anxious thoughts? To calm your body? To help lower your blood pressure over time? And to do it all *for free*?

Well, there is! **Meditation**. And it's not just for monks on mountains or warriors under waterfalls. Meditation is a powerful tool everyone can use to help relax the body, soothe the mind and focus intentions.

Your mission: Meditate for at least one minute each day for 30 days. Use the guide below to help you. Or if there's a prompt you don't like, try your own!



Check off all the days you were able to meditate.

Click the squares on the left side of each day or print this out and fill them in by hand.



1

Let's begin with the basics. What exactly is meditation? And how does it work? Here's a simple **mindfulness meditation** to try out. Practicing this often, even for just one minute at a time, can make a big difference in mood and healthier thinking patterns!



2

Need a little guidance? Here's a guided **five-minute stress-busting meditation** to ease your nerves and bring you more peace.



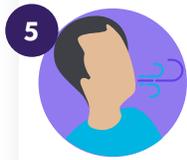
3

Soothing scene break! Sometimes all you need is one minute with nature, some nice music and a moment all to yourself. Can't go for a stroll outdoors right now? We've got another option: a one-minute video of **gentle forest rain**. Enjoy!



4

Is your living space a good place to meditate? Make it nice and inviting with a few simple changes. Here are some tips to **create your zen zone**. Then put it to use with a tranquil meditation today.



5

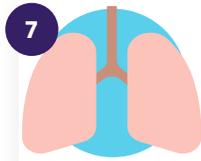
Did you know that **deep breathing reduces stress**? It can help relieve tension in the body and racing thoughts. And it can help quicker than you might think! Give it a try for a minute or two today and see how it feels.



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Wake up with more energy and a positive outlook. Here's a guided **five-minute morning meditation** you can practice to start your day the healthy way!

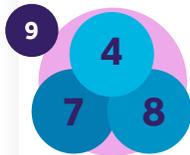
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Slowing down your breath is a great meditative hack. It can bring down your heart rate and help relax your body in the moment. But sometimes it's hard to remember to pace yourself. That's why we put together **five easy tricks for slowing your breathing**. Try it today and see how it feels.



Soothing scene break! Today, let's spend some time in the golden grain fields of the Great Plains. Don't live nearby? Don't sweat it. Find a moment of peace with our one-minute **country evening** meditative video.



Now that you have some practice with your breathing, let's take it up a notch. Follow along with this simple **4x7x8 breathing technique**. You might be surprised how quickly it can make an impact on your mood, your sleep or even your energy levels.



Stress shows up differently for different people. For some, it leads to a clenched jaw. For others, it might look like tense shoulders or tight hips. And sometimes it looks like a racing heartbeat. Here are some pointers for how you can **recognize and manage stress**. After you meditate on your own today, use your body's stress signals as a prompt to meditate as often as you need to.



Meditation doesn't always have to be about sitting quietly or deep breathing. You can do *anything* meditatively! Try this **mindful eating activity** to slow down, unplug from the world and savor your food even more.



Progressive muscle relaxation is a great meditation style for many things. It can help you relax your body one muscle at a time. It can help you focus your thoughts. And with practice, it can even help people cope with chronic pain. Give it a go today, even for just a couple of minutes.



Soothing scene break! Let's take a trip to a **tropical paradise** today. Check out the one-minute video and find a moment of sunny solitude on a quiet, white-sand beach.



As you practice more deep breathing meditations, **keep a breathing log**. This can give you insight into how your meditations impact your mood and your body over time. Try it after you meditate today!



Meditation is a proven way to reduce stress over time and to dampen it in the future. But what can you do when you already feel overwhelmed or nervous? Here are some great tips for **relieving stress in the moment**. Keep these in mind with today's meditation.

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You've made it past the halfway point! Great work. Your task today is to **write down** what you've learned so far. Which meditation styles worked best for you? Which ones didn't work as much? Make your notes, then **practice your favorite meditation style today**.

17



Drift off to dreamland with a guided meditation. When you're ready to tuck in, queue up this **five-minute bedtime meditation for better sleep**. You'll see why it's our most popular meditation ever.

18



Soothing scene break! Get cozy with a change of pace. Enjoy our short **snowy mountain** video for some cold-weather serenity.

19



Mindfulness can be a great tool for making more intentional food choices. If you have a craving for a treat but you don't want to indulge it, **surf the urge** with some tried-and-true tactics.

20



You've learned about mindfulness meditation. You've learned about mindful eating. Now let's get you on your feet! For those who are able, here's a calm **mindful walking activity** to experiment with outside or even indoors.

21



Soothing scene break! Unwind with a beautiful sunrise setting. Let this one-minute **lakeside morning** video transport you to a quiet, relaxing space.

22



Now that you've been at it for a while, let's take it up a notch. Go a little longer and challenge yourself with this guided **10-minute loving kindness meditation**. This more advanced style of meditation is shown to reduce chronic pain and improve mood over time. If practiced often, it can improve your feelings toward others—and even toward yourself!

23



Ready to try another mindful eating activity? Give it another shot, and this time with a helpful audio track. Grab a snack and check out this **guided mindful eating activity**.

24



You've heard of yoga. Whether you're a seasoned yogi or a newbie, today is a great day to stretch and center yourself. Here's an **introduction to yoga and five amazing benefits** to get you started!

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Soothing scene break! This time, we'll journey to a rocky shore for a short moment of reflection. Here's a one-minute **coastline sunrise** video to soothe your mind.



26

You've worked hard so far. Ready for a more advanced meditation? This one is perfect for going a little deeper into your mind and calming your body from within. Try this guided meditation about **feeling time move through you**.



27

Meditation is an amazing way to help relieve feelings of nervousness, hopelessness or dread. Enjoy your meditation today. And if you need a little more help afterward, check out these resources on how to identify and manage **anxiety** and **depression**.



28

Soothing scene break! You've traveled to a rainy forest. To the countryside. To a tropical beach. To a snow-capped mountain. To a beautiful lake. And to a quiet coast. For your final one-minute escape, lose yourself in the lapping waves of this **oceanside sunset**.



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You're almost done with the challenge! Find time to meditate today, whenever it's right for you. Then, **write down** all the things you've learned through this challenge. Which meditation styles had the best impact on you? What do you feel when you meditate? Keep note of what you've learned to help guide you in the future.



30

You made it! Congratulations on finishing the 30-Day Meditation Challenge. Enjoy one final meditation for the challenge, but don't let this be the last time you meditate! Keep finding moments for yourself to practice meditation and **share what you've learned with others**. You never know who you'll inspire!



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