

MINDFULNESS ACTIVITIES CHECKLIST



Rachael Kable

Hello and welcome!

I've created this fun checklist to help you incorporate mindfulness into your life on a regular basis. Don't worry if you can't complete every activity – just do the best you can! I recommend printing out this checklist and keeping it somewhere you will see it every day. Once you complete the first week, you can print it out again for week two (and three, and four... And continue as long as you need to create solid mindfulness habits). Also, feel free to use this Mindfulness Activities Checklist as a template to create your own checklist of your favourite mindfulness activities.

*Don't forget to refer back to the original article, **Mindfulness Activities: Fun Ways to Be Mindful (No Matter How Much Time You Have)**, for instructions on the mindfulness activities included in this checklist! You can find the article at:*

www.rachaelkable.com/blog/how-to-be-mindful-with-fun-mindfulness-activities

If you have a tough day, try using the following mindful self-care activities to take better care of yourself. I haven't included these in the weekly checklist as you're welcome to use them anytime you need to!

Mindful Self-Care Activities:

Write down what you're thinking and feeling in a journal

Listen to your favourite music, meditations, or an uplifting podcast (such as The Mindful Kind, Happier with Gretchen Rubin, The School of Greatness, The Lavendaire Lifestyle, and Ten Percent Happier).

I hope you enjoy using this checklist and inviting more mindfulness activities into your everyday life.

Good Luck!

MINDFULNESS ACTIVITIES CHECKLIST

M

- Use a mindful breathing technique* 5-10 MINUTES
- Choose one daily task to do mindfully* 10 MINUTES
- Give yourself space to feel your emotions* 5 MINUTES
- Optional: Spend time in nature* 20 MINUTES

T

- Use a mindful breathing technique* 5-10 MINUTES
- Choose one daily task to do mindfully* 10 MINUTES
- Use the "Don't Know Mind" technique* 5 MINUTES
- Optional: Spend time in nature* 20 MINUTES

W

- Use a mindful breathing technique* 5-10 MINUTES
- Choose one daily task to do mindfully* 10 MINUTES
- Give yourself space to feel your emotions* 5 MINUTES
- Optional: Spend time in nature* 20 MINUTES

T

- Use a mindful breathing technique* 5-10 MINUTES
- Choose one daily task to do mindfully* 10 MINUTES
- Use the "Don't Know Mind" technique* 5 MINUTES
- Optional: Spend time in nature* 20 MINUTES

F

- Use a mindful breathing technique* 5-10 MINUTES
- Choose one daily task to do mindfully* 10 MINUTES
- Give yourself space to feel your emotions* 5 MINUTES
- Optional: Spend time in nature* 20 MINUTES

S

- Have a mindful conversation with someone* 30 MINUTES
- Spend time in nature* 20 MINUTES

S

- Mindfully engage in something creative* 30 MINUTES
- Spend time in nature* 20 MINUTES