**7 Days to Being More Mindful & Start Living in the Moment**

Become more mindful & start living in the moment in just 7 days with this awesome challenge…

**Day 1:** Practice Gratitude by writing a list of 5 things you are grateful for.

**Day 2:** Identify one thing you need to forgive yourself for. Give yourself permission to let it go.

**Day 3:** Let go of all of the judgments you hold about yourself. Accept what you cannot change.

**Day 4:** Take 5-10 minutes out of your day to do a guided meditation.

**Day 5:** Take the first steps to forgiveness. Identify the steps you need to take to practice forgiveness in your daily life.

**Day 6:** Focus on any small wins you have had this week.

**Day 7:** Reflect on the week. Did you manage to complete all of your mindfulness goals? If not, why not?