

From day 1 till the last day, breathe. Focus. Crush those tasks!

☒ Tick as you go



MINDFUL BREATHING CHALLENGE

Week one

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Take a moment to focus on your breath. Inhale for four counts, hold for four, exhale for four. Repeat for 5 minutes .	Listen to the podcast during a break to refocus.	After reading this article , practice deep breathing for 3 minutes .	Find a quiet spot, close your eyes, and focus on your breath for 3 minutes. Tip: Notice how you feel before and after.	Breathe to reduce stress – inhale 4, hold 4, exhale 4. Repeat for 5 minutes. Tip: Try it when feeling tense or anxious.	Activity: Continue breathing exercises and reflect on how you feel. Note any changes in stress or focus.	Reflect on your progress with mindful breathing. How do you feel compared to Day 1 ?

GRATITUDE REFLECTION

Week two

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Listen to this gratitude journaling prompts podcast .	Start a gratitude journal. Write 3 things you're grateful for today. Tip: Do it at the same time daily to build a habit.	After reading, journal any new insights on how gratitude can impact your mental well-being.	Download this gratitude reflection template.	Listen to the podcast while on a walk or in your car.	Reflect on a positive event today . Share your gratitude with someone and notice how it feels.	Reflect on your gratitude practice so far. Has anything changed in your mindset or mood?

TWO-MINUTE RESET

Week three

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Activity: Take 2 minutes to reset - sit, close your eyes, and focus on slow, deep breaths.	Pause everything and focus solely on this guided meditation .	Practice mindful eating. Put your phone down and focus solely on eating one meal today without distractions.	Read this article on How to Incorporate Mindfulness into Your Busy Day.	Feeling overwhelmed? Take 2 minutes to breathe and reset. Set reminders to practice daily.	Before a big task, take 2 minutes to reset and focus . Tip: Notice the impact on stress and concentration.	Reflect on how the two-minute reset has impacted your ability to manage stress.

QUICK JOY CHALLENGE

Week four

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Do something that makes you feel joyful today. It could be listening to your favourite music or taking a walk in nature.	Watch this video and allow yourself to laugh freely.	Smile at yourself for 30 seconds in the mirror.	Spend 10 minutes doing something creative - drawing, singing, or writing .	Share a joyful moment with someone close to you today.	List three things that bring you joy in your daily life. Tip: Make a commitment to enjoy at least one of these things today.	Plan to incorporate moments of joy into your everyday routine moving forward.

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