



# 7- DAY MINDFULNESS CHALLENGE

Feel calmer, clearer, and more grounded—  
one mindful moment at a time.



Curly Roots Co.

# Welcome

In a world that moves fast, it's easy to feel overwhelmed, tense, and disconnected. But even a few quiet moments a day can make a powerful difference. Mindfulness—simply paying attention to the present moment—has been scientifically shown to reduce cortisol, the body's primary stress hormone. This gentle challenge is designed to help you pause, breathe, and reconnect with yourself.



## How To Use This Challenge

- One practice per day
- No perfection required
- Journal reflections after each



## INTENTION

Approach each day with openness and self-compassion. This isn't about doing mindfulness perfectly—it's about showing up for yourself, one moment at a time.

# Day 1

## Mindful Breathing



### Practice:

- Find a quiet space to sit or lie down.
- Inhale slowly through your nose for 4 counts.
- Hold your breath for 4.
- Exhale gently for 6. Repeat for 3 minutes.

**Why:** Breath awareness helps activate your parasympathetic nervous system, instantly lowering cortisol.



**Reflect:** How did I feel before and after this moment of mindfulness?

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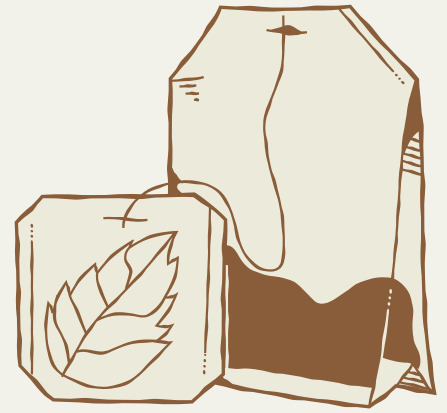
INTENTION



Today, I choose calm.

# Day 2

## Mindful Sipping



### Practice:

- Make your favorite tea or drink.
- Hold it, smell it, sip it slowly.
- Notice the warmth, taste, and aroma.

**Why:** This simple act shifts you from rushing into resting.



**Reflect:** How did I feel before and after this moment of mindfulness?

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**INTENTION**

I deserve moments of stillness.

# Day 3

## 5-Minute Body Scan



### Practice:

- Sit or lie down comfortably and close your eyes.
- Take a deep breath, then begin scanning your body (with your mind) from your toes to your head.
- Pause briefly at each area and notice how it feels—no judgment.

**Why:** A body scan reduces physical tension and helps regulate cortisol through mind-body awareness.



**Reflect:** How did I feel before and after this moment of mindfulness?

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**INTENTION**

I connect with my body and treat it gently.

# Day 4

## Mindful Walk



### Practice:

- Take a 5–10 minute walk outside (or indoors).
- Put your phone away and walk slowly.
- Notice what you see, hear, smell, and feel.
- Focus on your breath or the rhythm of your steps.

**Why:** Walking mindfully is grounding and helps release mental chatter.



**Reflect:** How did I feel before and after this moment of mindfulness?

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**INTENTION**

I am present in the world around me.

# Day 5

## Gratitude Pause



### Practice:

- Sit quietly and take a slow, deep breath.
- Think of 3 things you're grateful for today.
- Say them out loud or write them down.
- Pause for a moment and feel each one.
- Smile—no matter how small the wins are.

**Why:** Gratitude lowers stress hormones and shifts the brain toward positivity.



**Reflect:** How did I feel before and after this moment of mindfulness?

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**INTENTION**

I notice what's good in my life.

# Day 6

## Mindful Meal



### Practice:

- Sit down for one meal with no distractions—no phone, no TV.
- Take a deep breath before your first bite.
- Eat slowly, noticing flavors, textures, and smells.
- Pause between bites and chew fully.
- Stay present with the experience from start to finish.

**Why:** Eating mindfully improves digestion, lowers cortisol, and reduces overeating.



**Reflect:** How did I feel before and after this moment of mindfulness?

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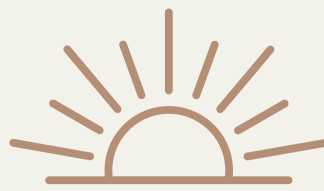
**INTENTION**

I nourish my body with presence.



# Day 7

## Silent Morning Moment



### Practice:

- Start your morning quietly.
- Before reaching for your phone, sit for a few minutes in stillness.
- Notice the sounds around you, your breath, the light in the room.
- Let this silent moment set a calm, grounded tone for your day.

**Why:** How you start the day sets your cortisol rhythm. This creates space before reactive thinking kicks in.



**Reflect:** How did I feel before and after this moment of mindfulness?

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**INTENTION**

I begin the day with calm and clarity.

# Congrats, You Did It!

You've completed the 7-Day Mindfulness Challenge — give yourself a big round of applause!



These simple, intentional practices aren't just for this past week. You can carry them forward into your daily routine to create small pockets of calm, lower daily stress, and reconnect with yourself — no perfection required. Remember, mindfulness is a practice, not a destination. Keep showing up, one breath, one pause, one moment at a time. You're already doing the work, and you're stronger for it.

