

Mindfulness Challenge packet

This packet includes three challenge ideas and customizable materials you can use to launch and run your challenge.

The three challenges are:

- 14-Day Daily Gratitude
- 4-7-8 breathing
- Mindful Bingo

The customizable materials are:

- Registration announcement – We recommend you send this two weeks before you start the challenge.
- Promotional announcement – We recommend you send this one week before you start the challenge.
- Reminder email – We recommend you send this the morning the challenge begins.
- Challenge tracker – We recommend you send this as people sign up for the challenge.



The 14-Day Daily Gratitude Challenge

Challenge goal: Each day, write down three things you are grateful for or appreciate.



Registration Announcement

*Customize the **blue** text below with your challenge information.
Then, copy and paste into an e-mail or newsletter or post on your intranet.*



During the gratitude challenge take time every day to appreciate and focus on what you have (think beyond good health, a job, and supportive family).

During the **14-Day Gratitude Challenge**, each day, write down three things you are grateful for or appreciate. The **14-Day Gratitude Challenge** will run from [date] to [date] and is available for anyone to join!

To register, e-mail [e-mail address] and you will get a tracker to record the days you participated in the challenge. Keep the following dates below in mind:

Challenge start date: [date]

Challenge end date: [date]

Questions? Contact [name] at [e-mail].

Promotional Announcement

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The 14-Day Gratitude Challenge



Challenge goal: Each day, write down three things you are grateful for or appreciate.

Challenge start and end dates: <Customize here>

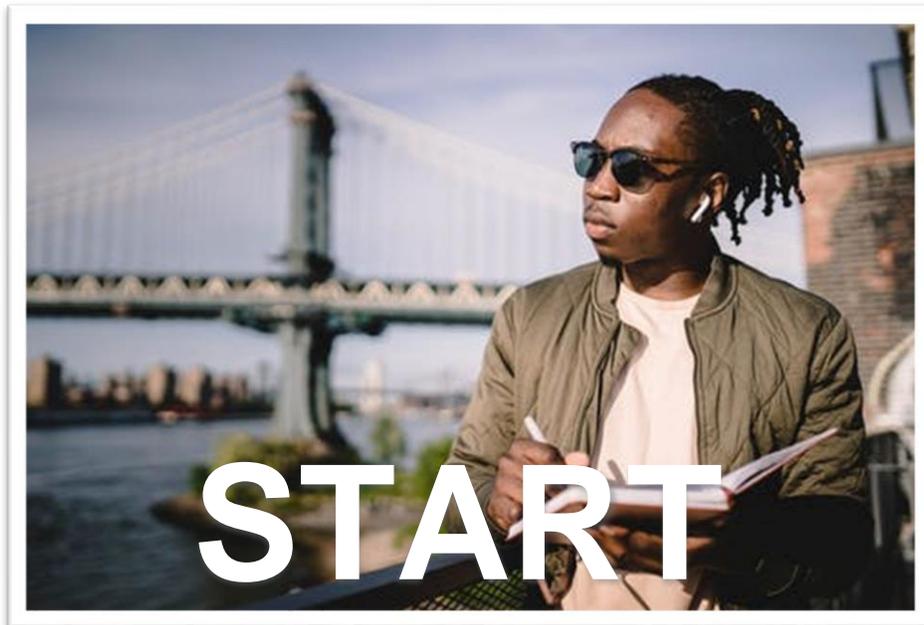
Registration information: <Customize here>

Incentive information: <Customize here if incentivized>

Questions? Contact [name] at [email].

Reminder E-mail

*Customize the **blue** text below with your challenge information.
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Ready, set, go!

Today's the first day of the **14-Day Gratitude Challenge**

Challenge goal: Each day, write down three things you are grateful for or appreciate.

At the end of the challenge, report back to **[name]** at **[e-mail]**
with your Gratitude Challenge tracker.



14-Day Gratitude Challenge Tracker

Customize the *blue* text below with your challenge information.
Then, copy and paste into an e-mail or newsletter or post on your intranet

Challenge goal: Write down three things you are grateful for or appreciated every day.

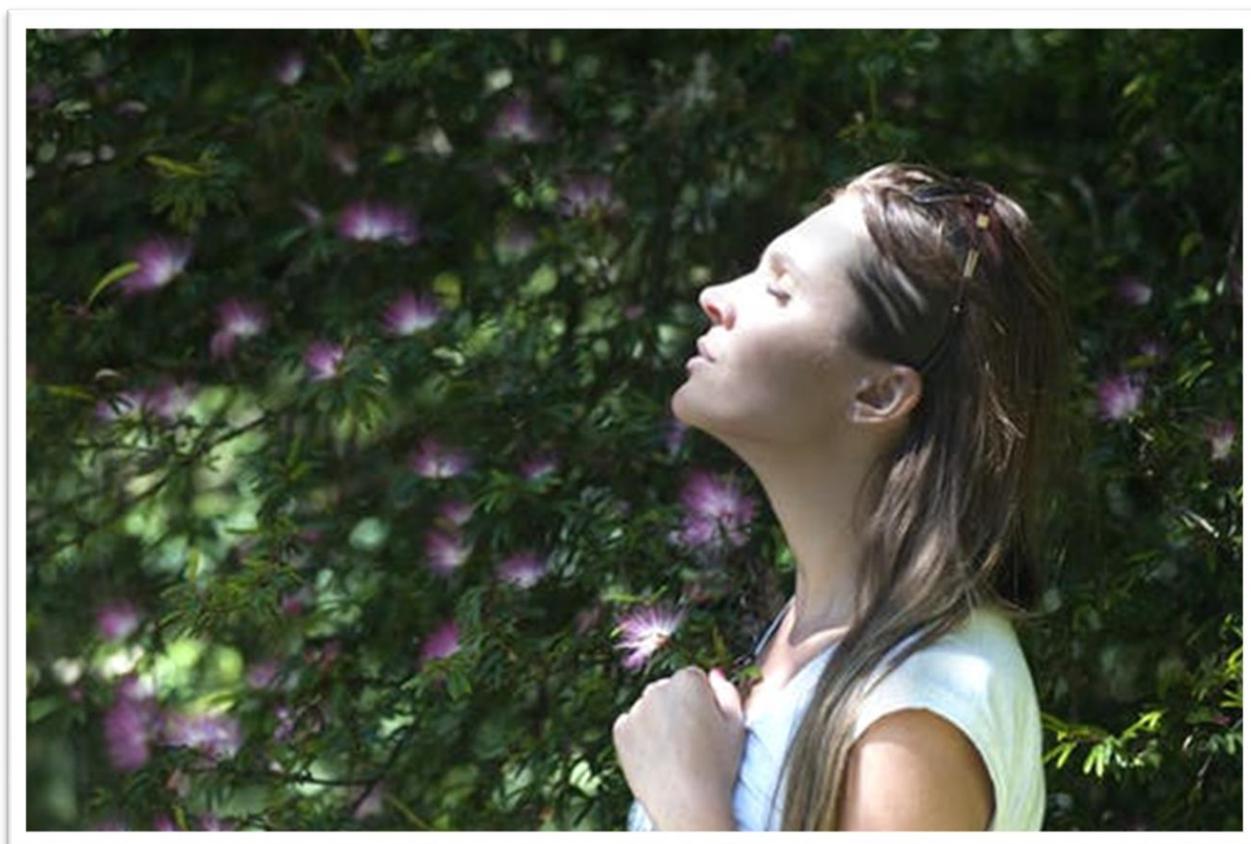


Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14

Submit your tracking sheet to [\[name\]](#) at [\[e-mail\]](#) at the end of the challenge.

The 4-7-8 Breathing Challenge

Challenge goal: Repeat four cycles of 4-7-8 breathing every day for a week.



Registration Announcement

*Customize the **blue** text below with your challenge information.
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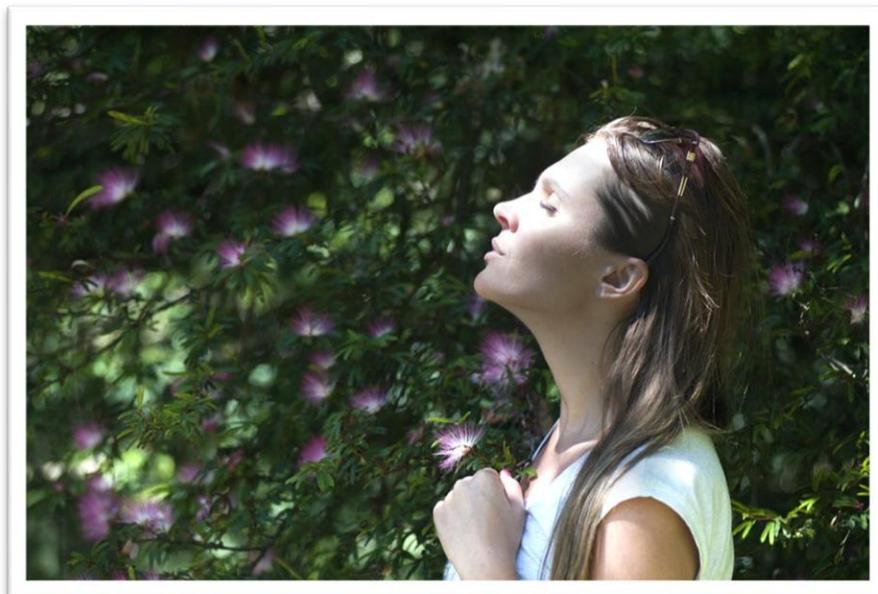
During **The 4-7-8 Breathing Challenge** you will breath quietly in through your nose for a count of four. Then, hold your breath for a count of seven. Breathe forcefully out of your mouth (with the tip of your tongue on the roof of your mouth) for a count of eight while making a “whooshing” sound. Repeat for four breathing cycles.

The challenge will run from **[date]** to **[date]** and is available for anyone to join!

To register, e-mail **[e-mail address]** and you will get a tracker to list the days you were able to complete **The 4-7-8 Breathing Challenge**. Keep the following dates in mind below:

Challenge start date: **[date]**

Challenge end date: **[date]**

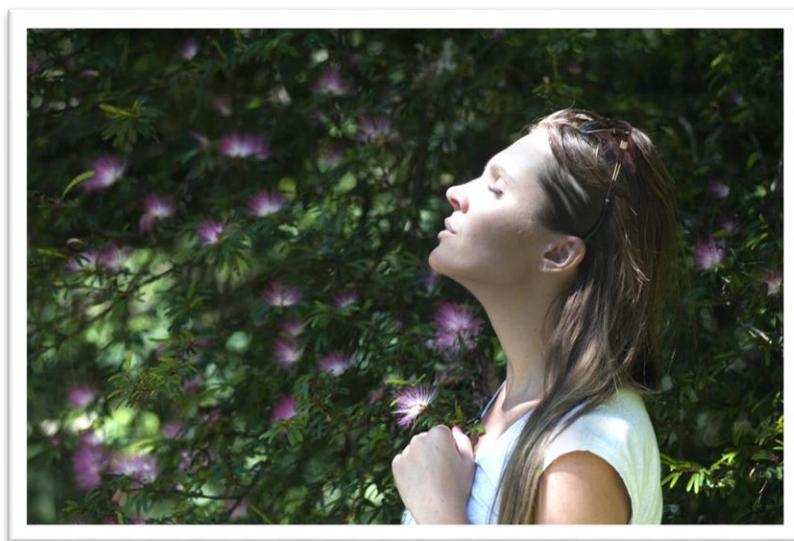


Questions? Contact **[name]** at **[e-mail]**.

Promotional Announcement

*Customize the [blue](#) text below with your challenge information.
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The 4-7-8 Breathing Challenge



Challenge goal: Repeat four cycles of 4-7-8 breathing every day for a week.

Breathe quietly in through your nose for a count of four. Then, hold your breath for a count of seven. Breathe forcefully out of your mouth (with the tip of your tongue on the roof of your mouth) for a count of eight while making a “whooshing” sound. Repeat for four breathing cycles. This challenge will help reduce anxiety and promote stress management and emotional control.

Challenge start and end dates: [<Customize here>](#)

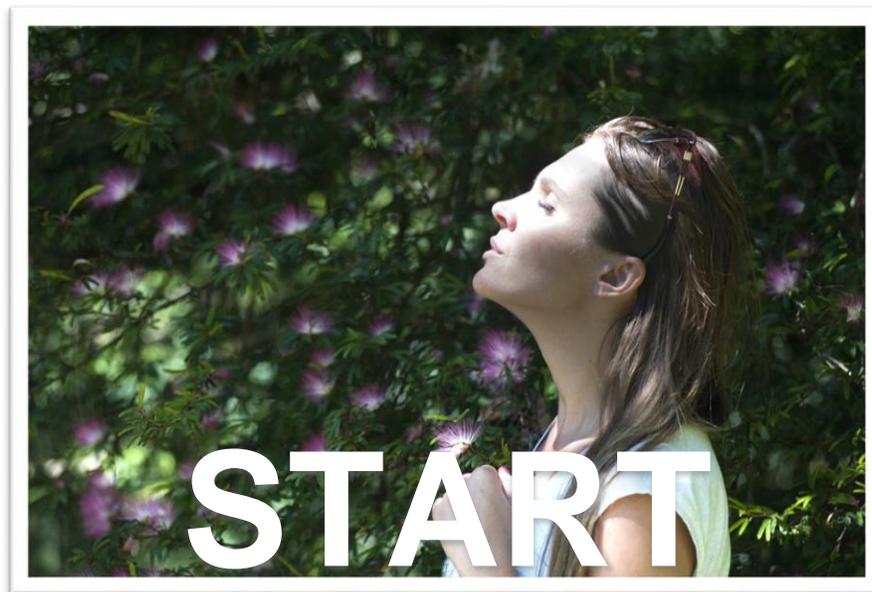
Registration information: [<Customize here>](#)

Incentive information: [<Customize here if incentivized>](#)

Questions? Contact [\[name\]](#) at [\[e-mail\]](#).

Reminder E-mail

*Customize the **blue** text below with your challenge information.
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Ready, set, breathe!

Today's the first day of **The 4-7-8 Breathing Challenge**

Challenge goal: Repeat four cycles of 4-7-8 breathing every day for a week.

Breathe quietly in through your nose for a count of four. Then, hold your breath for a count of seven. Breathe forcefully out of your mouth (with the tip of your tongue on the roof of your mouth) for a count of eight while making a “whooshing” sound. Repeat for four breathing cycles. This challenge will help reduce anxiety and promote stress management and emotional control.

At the end of the challenge, report back to [\[name\]](#) at [\[e-mail\]](#) with the days you practiced the 4-7-8 challenge.

Questions? Contact [\[name\]](#) at [\[e-mail\]](#).

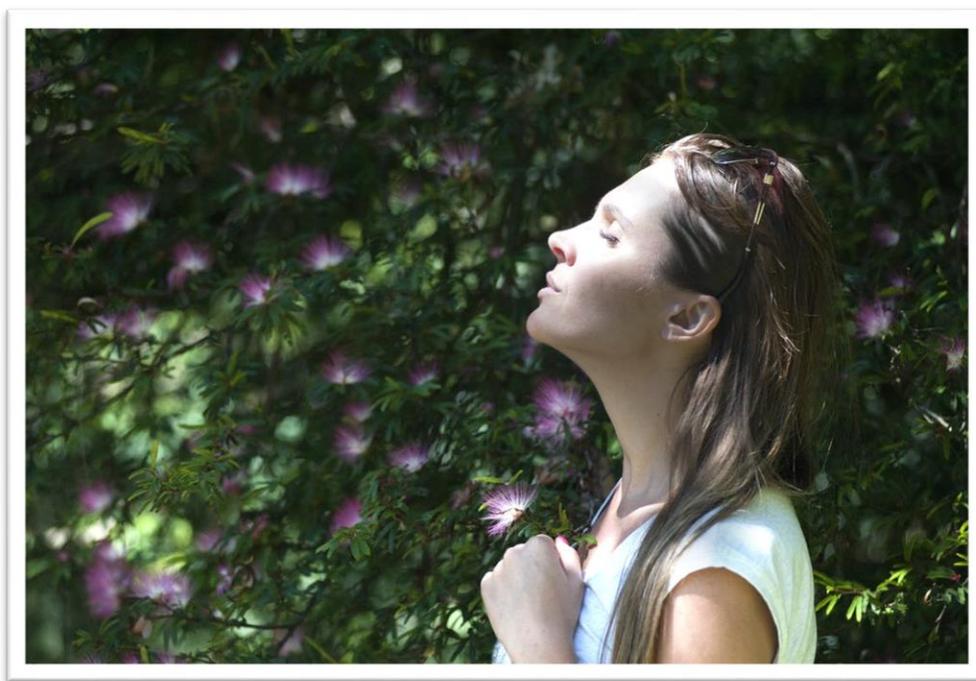


The 4-7-8 Breathing Challenge Tracker

*Customize the [blue](#) text below with your challenge information.
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Breathe quietly in through your nose for a count of four. Then, hold your breath for a count of seven. Breathe forcefully out of your mouth (with the tip of your tongue on the roof of your mouth) for a count of eight while making a “whooshing” sound. Repeat for four breathing cycles. This challenge will help reduce anxiety and promote stress management and emotional control.

Challenge goal: Repeat four cycles of 4-7-8 breathing every day for a week.



Track the days you practiced the 4-7-8 Breathing Challenge.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Submit your tracking sheet to [\[name\]](#) at [\[e-mail\]](#) at the end of the challenge.



Mindful Bingo Challenge

Challenge goal: Cross off the mindfulness activities on your bingo tracker as you complete them.



Registration Announcement

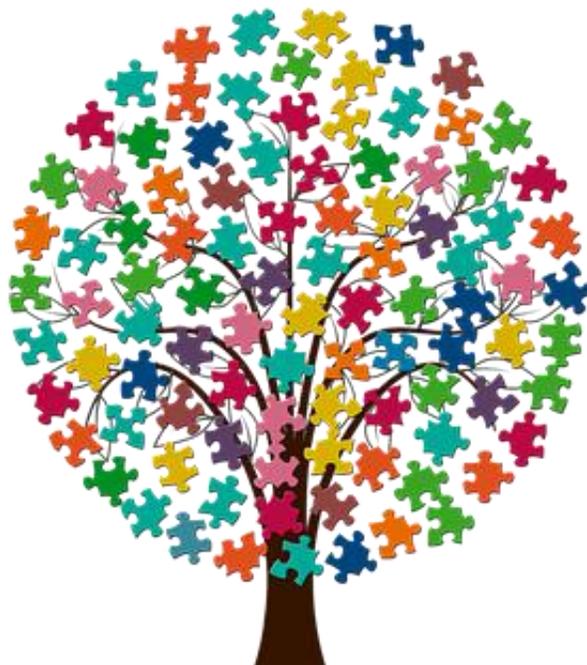
*Customize the **blue** text below with your challenge information.
Then, copy and paste into an e-mail or newsletter or post on your intranet.*

During **The Mindful Bingo Challenge** cross off the mindfulness activities on your bingo tracker as you complete them. The challenge will run from [date] to [date] and is available for anyone to join!

To register, e-mail [e-mail address] and you will get a tracker to list the days you were able to complete **The Mindful Bingo Challenge**. Keep the following dates in mind below:

Challenge start date: [date]

Challenge end date: [date]



Questions? Contact [name] at [e-mail].

Promotional Announcement

*Customize the [blue](#) text below with your challenge information.
Then, copy and paste into an e-mail or newsletter or post on your intranet*

The Mindful Bingo Challenge



Challenge goal: Cross off the mindfulness activities on your bingo tracker as you complete them.

Challenge start and end dates: [<Customize here>](#)

Registration information: [<Customize here>](#)

Incentive information: [<Customize here if incentivized>](#)

Questions? Contact [\[name\]](#) at [\[e-mail\]](#).

Reminder E-mail

*Customize the **blue** text below with your challenge information.
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Ready, set, go!

Today's the first day of **The Mindful Bingo Challenge**

Challenge goal: Cross off the mindfulness activities on your bingo tracker as you complete them.

At the end of the challenge, report back to **[name]** at **[e-mail]** with your completed Bingo tracker.

Questions? Contact **[name]** at **[e-mail]**.



The Mindful Bingo Challenge Tracker

Customize the *blue* text below with your challenge information.
Then, copy and paste into an e-mail or newsletter or post on your intranet

Cross off the mindfulness activities as you complete them.

B	I	N	G	O
Go on a mindful nature walk. No music, phone or texts. Notice the sights, sounds and smells.	Listen to a guided meditation.	Color or paint a picture.	Write a thank you letter, text, or e-mail to someone.	Go to bed 15 minutes early.
Close your eyes and count to 20 while focusing on your breathing.	Express yourself: Write your thoughts, draw your feelings, dance!	Show compassion to someone.	Listen to music that inspires you.	Wake up and set an intention for the day.
Declutter one space.	Do a body scan and notice any tension in your muscles. Squeeze any tense areas for 20 seconds and then release.	 MINDFUL FREE SPACE	Be aware of a negative emotion. Pause and observe without judgement. Try not to react out of anger but respond with kindness.	Chew your food 36 times.
Notice your thoughts without judgement.	Mindful eating: Pay attention to your food. Notice the aroma, the texture and flavor.	Write down 5 things you are grateful for and why.	Go to bed at a time that will allow for 7 to 9 hours of sleep.	Volunteer your time.
Do a random act of kindness for someone.	Listen to a podcast on something you enjoy.	Play a card game.	Work on a craft.	Do a puzzle or word search.

Submit your Bingo sheet to [\[name\]](#) at [\[e-mail\]](#) at the end of the challenge.