# Daily Mindfulness Planner

*Instructions: Use your daily planner to focus on one mindful task each day.*

## WEEK 1: Mindful Senses
**Oct 31st-Nov 6th**
- Walk or sit in nature; what colors do you see?
- Listen to music; what sounds do you hear?
- De-clutter your environment
- Eliminate distractions when eating; do a taste test
- Do a quick body scan
- Practice the 5-4-3-2-1 grounding technique
- Recognize physical feelings of self-care

## WEEK 2: Mindful Breathing
**Nov 7th-13th**
- Yoga or exercise focused breathing
- Guided meditation
- Diaphragmatic breathing
- Practice candle breathing
- 3 Deep breaths before each meal
- Complete a 4-7-8 breathing exercise
- Enjoy a quiet morning with a focused breath

## WEEK 3: Mindful Reflection
**Nov 14th-20th**
- 3 thoughts of gratitude
- Set a goal or intention for the day
- Name your emotions
- Practice a mid-day pause
- 3 compliments for yourself and/or others
- Keep a journal
- 2 affirmations before starting the day

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**Mindful Moments**

21 Days of Mindfulness Skills
BE MORE PRESENT AND CALM IN EVERYDAY LIFE

https://hr.uiowa.edu/livewell/mindful-moments

Mindful Moments is created by University of Iowa students in Health and Human Physiology