

CouRage Challenge 5: A mindful week

There's no time like the present to get present. Try a mindfulness exercise each day for a week, and discover your new favourite stress-fighting tools.

You can do the same exercise multiple times or choose a different one each day. After each exercise, reflect on how it went. If you rate it higher than 5, consider making it part of your daily routine, or using it when you feel particularly stressed.

Day 1 exercise

Day 1 rating

○ ○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9 10

1 = "Not for me" to 10 = "I loved it"

Day 2 exercise

Day 2 rating

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1 2 3 4 5 6 7 8 9 10

1 = "Not for me" to 10 = "I loved it"

Day 3 exercise

Day 3 rating

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1 2 3 4 5 6 7 8 9 10

1 = "Not for me" to 10 = "I loved it"

Day 4 exercise

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Day 4 rating

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1 2 3 4 5 6 7 8 9 10

1 = “Not for me” to 10 = “I loved it”

Day 5 exercise

Day 5 rating

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1 2 3 4 5 6 7 8 9 10

1 = “Not for me” to 10 = “I loved it”

Day 6 exercise

Day 6 rating

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1 2 3 4 5 6 7 8 9 10

1 = “Not for me” to 10 = “I loved it”

Day 7 exercise

Day 7 rating

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1 2 3 4 5 6 7 8 9 10

1 = “Not for me” to 10 = “I loved it”

☐ *I did it! I CouRaged!* **Date**

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