



A Mindful Bucket List

Read a book about mindfulness

Eat an entire meal in silence

Go for a silent walk (no music!)

Spend an afternoon coloring outside

Start a gratitude journal

Try a 45-minute meditation session

Take a 24-hour technology detox

Declare a Day of Kindness

Teach a mindfulness practice to your kids

Forgive someone for something

Practice mindful walking



Source: Sarah Rudell Beach, LeftBrainBuddha.com

