

# DAILY CHECKLIST

7 days to reset your mind, body, and spirit

Mindfulness  
and Gratitude  
CHALLENGE

| Day | Complete the daily mindfulness activity each morning. | Write down three things you're grateful for: | Share your reflections and experiences in the group. |
|-----|---|--|--|
| 1   | <input type="checkbox"/>                              | 1. _____<br>2. _____<br>3. _____             | <input type="checkbox"/>                             |
| 2   | <input type="checkbox"/>                              | 1. _____<br>2. _____<br>3. _____             | <input type="checkbox"/>                             |
| 3   | <input type="checkbox"/>                              | 1. _____<br>2. _____<br>3. _____             | <input type="checkbox"/>                             |
| 4   | <input type="checkbox"/>                              | 1. _____<br>2. _____<br>3. _____             | <input type="checkbox"/>                             |
| 5   | <input type="checkbox"/>                              | 1. _____<br>2. _____<br>3. _____             | <input type="checkbox"/>                             |
| 6   | <input type="checkbox"/>                              | 1. _____<br>2. _____<br>3. _____             | <input type="checkbox"/>                             |
| 7   | <input type="checkbox"/>                              | 1. _____<br>2. _____<br>3. _____             | <input type="checkbox"/>                             |