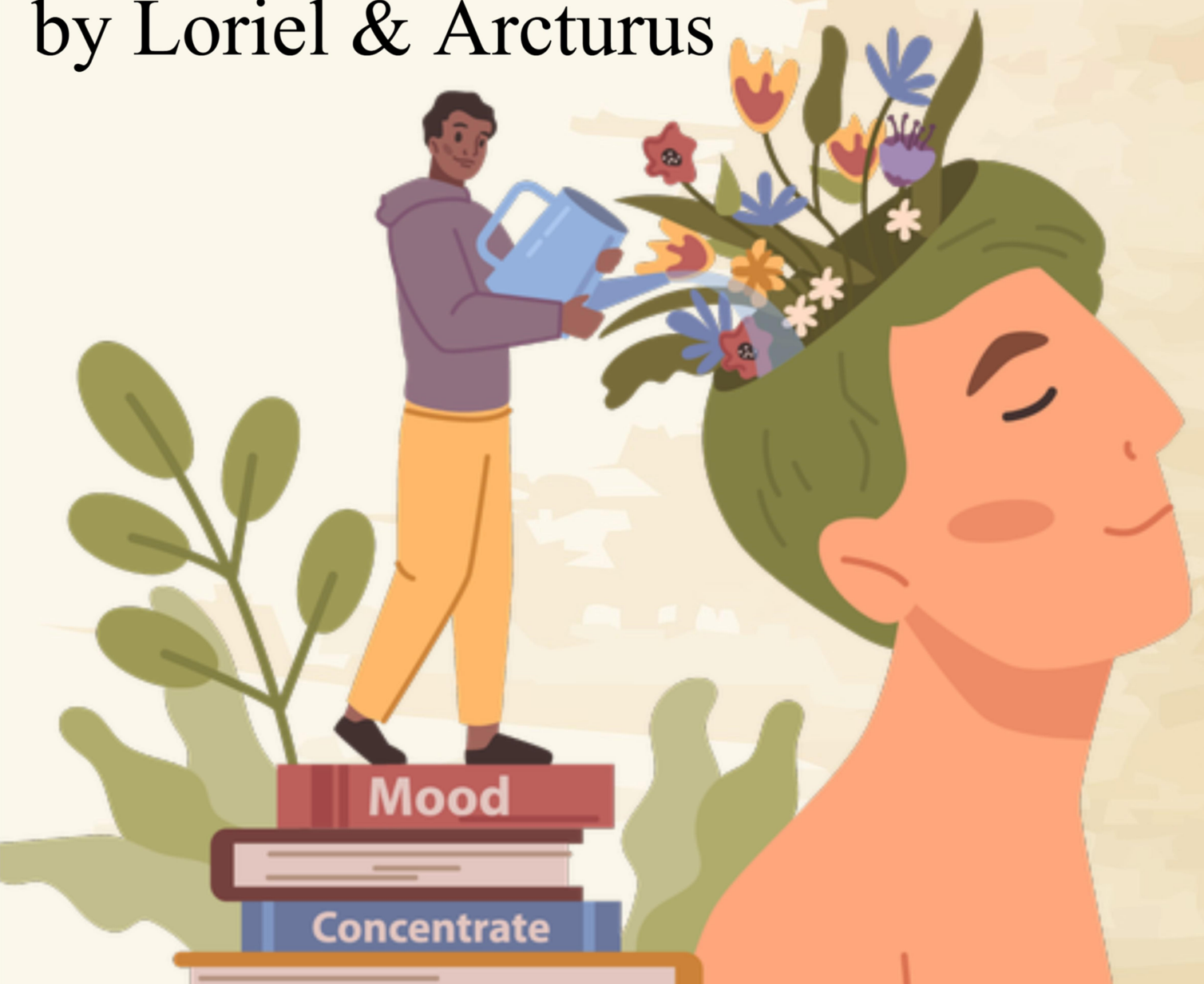


100 Mindless Activities to Transform Into Mindful Practices

by Lorie & Arcturus



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This guide is written as an expression of gratitude for all of the gifts we have received from practicing mindfulness. It has played a crucial role in our healing journeys as we overcame physical and emotional child abuse, chronic back pain, sleep apnea, depression, anxiety, and more. One of the main benefits is raising self-awareness, which has helped us identify and let go of root causes that have been the source for many struggles throughout our lives.



Imagine the control you can have over your life and choices when you are more present and not as easily influenced by your emotions and limiting beliefs.

This guide offers 100 opportunities that you can choose to bring mindfulness into your experience. You can easily discover more than an hour of your precious time and energy that can be used to develop presence.

If you feel called to take your journey a step further, we invite you to commit to practicing mindfulness for an hour each day for a full year. Our goal is to inspire 144,000 bright souls to come together as a supportive community as we become more present in our lives and change the world around us. This is the inspiration for the 1/365 Mindfulness Challenge.

You can find the guidelines for the challenge on the next page, followed by 100 ways you can start practicing more mindfulness today. We hope you decide to join us.



Register for the challenge at <https://www.lorielandarcturus.com/one365>

The premise is simple: commit 1 hour of each day for the next year to practicing mindfulness. The beautiful thing about mindfulness is that you can do it alone, without anyone knowing, or you can be part of a community all focused on the same goal. The choice is yours.

The community includes a Facebook group, filled with likeminded souls. Here you can find people to partner up with for encouragement and accountability. There will be reminder posts and emails sent out each day to help keep you on track. Ask questions and share your experiences as we walk each other home on this amazing journey of raising our awareness.

The 100 ways to transform your mindless activities are organized into ten categories. We hope that they stir many, many more ways for you to bring mindfulness into your life.

Enjoy!

Be Mindful - Rising Routine

Express gratitude for the opportunity to experience this day

Thank the alarm, if you use one, for letting you know it's time to get up

Smile at your reflection when you go into the bathroom to get ready.

Close your eyes, feel your fingers massage your scalp as you clean it in the shower/bath

Remove distractions when you use the toilet and feel grateful for your body doing what is needed

Affirm and know that you are going to experience an amazing day to complete your routine

Thank all of the materials, machines, and people involved in making the clothes you love wearing

Don't fall asleep when you hit snooze, instead do 4-7-8 breathing until it goes off again

Give yourself a big hug right when you get up

Send love and gratitude to your mouth and teeth as you care for your teeth

Be Mindful - Bedtime Ritual

Observe your body as it touches the bed, the texture of the sheets, the support it gives you

Set the intention for a restful & healing night of sleep and to rise energized, excited for the day

Take deep, full breaths until you drift off

Reflect on the day, grateful for the lessons and experiences

Thank your amazing body for getting you through the day

Say, "I love you," to you and *feel* it

Set the intention to receive clarity through your dreams

Thank the light when you turn it off for the night

Observe the quiet - what do you hear?

As you wash your face/hands, see it washing away the stresses of the day

Be Mindful - Eating/Drinking

Observe the smells and textures of the food as you prepare a meal

Chew and hold the food in your mouth, experiencing every flavor

Thank the water for hydrating your body as you lovingly hold the glass in your hands

Close your eyes and ears when you eat to heighten your senses of taste, smell, and touch

Pause for a moment of gratitude before each meal

Tune into the journey of your food as you taste it - can you sense the sunlight it received?

Know the purpose for having a snack before it goes in your mouth

Be mindful of each motion as you clean up after the meal

Thank any machine/tools you use that help you in preparing your meal

Plan your meals with love

Be Mindful - Traveling

Express thanks to your vehicle for all it does in getting you places safely

Set the intention for a peaceful and safe journey

Turn off music so you can *feel* the road

Practice deep, rhythmic breathing while remaining present on the road

Be grateful for the fuel and all involved in getting it to you

Acknowledge courteous drivers (not just the rude ones)

Use red lights/stop signs as a symbol to breathe and observe

Do a safety check to make sure your vehicle is in good, working order

Notice any emotions you have about going to your destination, excited or nervous?

Take a breath and offer gratitude when you arrive

Be Mindful - At Work

Observe something new about your work location that you've never noticed before

Give thanks for the opportunity to be of service

Set the intention to accomplish today's goals with...(peace, happiness, etc)

When you switch tasks, take a breath and set a new intention for the next activity

Be mindful of what you've agreed to do and what is being asked of you

Express gratitude for all of the tools you use to accomplish your work

What emotions/thoughts come up when dealing with a boss/coworker/customer?

Honor the purpose for taking a break and breathe

Remove all distractions for tasks that require focus

End the work day with gratitude and turn off work until the start of the next work day

Be Mindful - At Play

Before you turn on the tv/phone - take 2-4 deep breaths

Be aware of emotions as you play a game

Close your eyes at a live event and take a moment to feel the energy

Have an intention before you go on social media

If you are going somewhere to have fun, then have fun

Track how much time you spend watching tv/movies/social media/playing video games

Shift recreation time from escapism to exploring a new hobby

Focus on your breathing when doing a hobby that doesn't require focus (puzzle, knitting, etc)

Listen to music and allow your body to move to it

Journal about an event or emotion that came up today

Be Mindful - Chores

Know the purpose of the task at hand

What emotions/thoughts do you have about the chore you are doing?

Be mindful of your waste and where it goes when you take out the garbage

Invite sunlight and outside air into your space as you clean

Use happy music to help put joy into your chores

Practice presence as you make the bed

Consciously breathe while you sweep/vacuum

Be grateful for your home/tools as you clean

Thank Mother Earth for helping you ground as you do yardwork/gardening

Appreciate the effort you put in to provide a clean and organized space

Be Mindful - Conversations

Take time to set the intention with everyone at the start of the conversation

Listen fully - do not think about what to say next

Breathe deeply while listening

Know your boundaries of what you are willing to talk about - express them

Communicate authentically - if you feel uncomfortable about gossip, say so

Reflect on time spent together and offer sincere thanks for their time and energy

Observe how you feel when there is silence in a conversation

Be curious about who you are talking to

Laugh with others and enjoy it

Are you comfortable asking for help - ask anyway

Be Mindful - Self-Care

Breathe and relax while stretching

Set the intention before exercising

Raise your awareness to thoughts/emotions you have about self-care

Give yourself credit for the work you put in as you cool down after a workout

Hug yourself and breathe love into any areas that are sore

Ask a question you desire to receive an answer for when meditating

Focus on best form, not just rushing through an exercise or stretch

Observe your feet when you take off your shoes after a long day

Be mindful of your first and last step when you go for a walk

Notice your body movements when you sit or stand up

Be Mindful - In Nature

Close your eyes when outside in nature - what do you smell/hear?

Look in every direction when outside - what do you see?

Observe creatures - how do they respond to you?

Stop and smell a flower

Take a few moments to enjoy a sunrise/sunset

Gaze at the stars

Feel the wind for a minute

Hug a tree

Put your hands and bare feet on the ground

Breathe in the fresh air whenever you step outside

Thank you
for Reading

love,

Loriel & Arcturus