



7 small mindful moments

One low-effort practice a day. Repeat a favourite instead of completing the list if that feels better.

DAY 1

Colour hunt

Pick one colour and notice five things around you in that colour.

DAY 2

One warm drink

Notice the cup, temperature, smell and first three sips.

DAY 3

Sound check

Listen for three nearby sounds and three farther-away sounds.

DAY 4

Hands

Rub your hands together and notice warmth, pressure and movement.



The point is noticing, not performing mindfulness correctly.

DAY 5

Walk slowly

Notice feet, steps, breath and one thing in your surroundings.

DAY 6

Body check

Ask: What do I notice? Where do I notice it? What might I need?

DAY 7

One minute of nothing

Be without adding another task. Let one minute be enough.

Which small moment would I repeat?
