

30 Days of Awakening

Awakening *Wild*

A journey toward soulful living.

1 Before going to bed, write down 3 things that you are grateful for.	2 Walk for 10 minutes today and enjoy the beauty of nature.	3 Every time your phone vibrates/rings today, pause for one breath before looking at it.	4 Try a 10 minute guided meditation.	5 Declutter part of your home today to increase your feelings of calm.
6 Don't feed a lie you've been telling yourself.	7 Make your favorite coffee, tea or smoothie in the morning and enjoy it without any distractions.	8 Walk outside and notice something that is growing.	9 Without forcing it, ask someone how they are today and truly listen.	10 Replace screen time at night with reading a book that inspires you.
11 When your spouse/child talks to you, stop what you're doing and look them in the eyes.	12 Play your favorite song without doing anything else and just enjoy it.	13 Take two, 2 minute breaks today to simply follow your breath for mini meditations	14 Call someone today instead of simply texting him/her.	15 Check on your kids after they are asleep, and follow 3 of their deep breaths.
16 Go outside and look up at the sky.	17 Thank someone who has recently helped you in some way.	18 Watch the sunrise or sunset today, or both! Notice the colors, patterns and natural beauty.	19 Eat one meal alone today, focusing on the tastes and smells without distraction.	20 Take one full breath in and out before posting on social media, sending a text or email.
21 When someone asks how you are, answer with honesty instead of by default.	22 Try grounding: standing barefoot on the grass/earth for 5 minutes.	23 Write down one lesson you learned today.	24 Take one square of chocolate and let it slowly dissolve in your mouth without chewing it.	25 Do a craft you love (try doing it with your children).
26 Do something playful that makes you smile today.	27 Before you walk into your home/office, take 3 deep breaths.	28 Look at your reflection in the mirror today and name 3 things you love about yourself.	29 Designate a donation box in your house.	30 Take a social media detox day. Avoid checking social media for 24 hours.