

MONTHLY MINDSET CHALLENGE

Peace in the Chaos

WEEK 1

Practice Mindful Breathing

Take five minutes daily to focus on your breath and bring your attention to the present moment.

WEEK 2

Set a Daily Intention for Peace

Each morning, affirm your commitment to approach the day calmly and kindly.

WEEK 3

Mind Your Language

Pay attention to 'have to' & 'got to' and change it to 'I get to' and 'I want to because ...'.

WEEK 4

Reflect on Your Progress

At the month's end, journal about the changes you've noticed in your mindset and interactions.