



LiL May Challenge: Mindful Moments

With everything going on in the world today and the impact it's having on our work *and* home lives, it can be easy to get anxious and overwhelmed, and to let our minds run away with us. During these uncertain times, it's more important than ever to remember to breathe, take care of yourself, and focus on the present.

To help you to remember to take a moment to relax and center yourself each day, we invite you to participate in our **LiL May "Mindful Moments" Challenge**, kicking off **May 4th**.

This month's content focuses on **mindfulness**, **managing stress**, and **maintaining balance** (as best you can). Challenge yourself to complete each day's short task or video. Each can be completed in ~**5 minutes**.

Print this calendar or track your progress in a notebook. **Initial each day when you've completed** the daily task or video to keep yourself on track. Stay safe, remember to breathe, and happy learning.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Video :</p> <p>Becoming Mindful at Work (1m 24s)</p> <p>Why Mindfulness? (2m 22s)</p>	<p>5</p> <p>Video :</p> <p>What's Your Intention with Meditation? (3m 3s)</p> <p>Activity :</p> <p>Set 1 intention for your May mindfulness practice</p> <p>_____</p>	<p>6</p> <p>Video :</p> <p>Better Breaks and Downtime (6m 30s)</p>	<p>7</p> <p>Activity :</p> <p>Build 3 short breaks per week into your schedule for the rest of May</p> <p>(initial when completed)</p> <p>5/11 _____ 5/18 _____ 5/25 _____</p>	<p>8</p> <p>Video :</p> <p>The Stress Mastery Formula (2m 38s)</p> <p>Activity :</p> <p>In this moment, what's 1 thing you appreciate?</p> <p>_____</p>
<p>11</p> <p>Video :</p> <p>The Basics of Good Practice (3m 13s)</p>	<p>12</p> <p>Activity :</p> <p>Take 4 mindful breaths on your own. Sit up straight, relax your shoulders, hand on belly, in for 4, out for 4</p> <p>(initial when completed)</p> <p>_____</p>	<p>13</p> <p>Video :</p> <p>Cultivating Flow with Positive Emotions (4m 17s)</p> <p>Activity :</p> <p>What is 1 thing you're looking forward to in the next week?</p> <p>_____</p>	<p>14</p> <p>Activity :</p> <p>Mindful Meal: Schedule 1 mindful lunch in May.</p> <ul style="list-style-type: none"> Do nothing but eat Take small bites Engage all 5 senses <p>Date of Lunch: _____</p>	<p>15</p> <p>Video :</p> <p>Creating Power-Down Time (1m 43s)</p> <p>Special Considerations for Home-Based Workers (2m 27s)</p>
<p>18</p> <p>Video :</p> <p>Accept Difficult Situations (2m 2s)</p> <p>Video :</p> <p>Mindful Practice in Teams (2m 47s)</p>	<p>19</p> <p>Activity :</p> <p>Complete this 5-minute practice: Calm the Mind (4m 57s)</p> <p>When finished, how do you feel (in 1-2 words)?</p> <p>_____</p> <p>_____</p>	<p>20</p> <p>Video :</p> <p>A Quick Stress Audit (3m 43s)</p> <p>Activity :</p> <p>In which life category (from video) do you feel most energized?</p> <p>_____</p>	<p>21</p> <p>Activity :</p> <p>Complete this 2-minute practice: Three Breaths (1m 55s)</p> <p>When finished, how do you feel (in 1-2 words)?</p> <p>_____</p> <p>_____</p>	<p>22</p> <p>Activity :</p> <p>List your biggest takeaway(s) from the LiL May Challenge:</p> <p>_____</p> <p>_____</p> <p>_____</p>