



# BE MINDFUL

ALLOW YOURSELF TO BE IN THE  
PRESENT MOMENT FOR A DAY AND  
NOTICE FEWER UNHELPFUL  
THOUGHTS.

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## 69 MINDFUL | YOUR ONE DAY CHALLENGE

### *A note from your coach...*

We go about our external daily routines from the moment we wake up to the moment we go to sleep at night, but how much time is spent in our own internal world? Listening to the chatter of our thoughts asking or reminding us about things we have done in our past and the things we need to do in the future. We could be on top of the moors in beautiful open countryside, having a nice meal in a restaurant, or generally engaging in an activity that is supposed to relax us, yet actively listening to our thoughts and completely missing the moment – the here and now. We can also however experience mindful activity within our own home, giving our full attention to routines normally taken for granted and without close observation.

As an example, here are **seven tips to engaging in mindful activity** at home in 24 hours:

1. **Opening the curtains in the morning** – What does the weather look like? How does it feel? What noises can you hear – birds? cars? What can you see? What are people doing?
2. **Getting dressed** – How do our clothes look, feel, smell? How does our body feel whilst getting ready?
3. **Having our breakfast** - How does it look, taste, smell, and feel? What is it about the texture? How does the cutlery feel? What does the chair you're sitting on feel like? How do your feet feel on the floor, your elbows on the table?
4. **Brushing our teeth** – What does the toothpaste look, smell, and feel like on your toothbrush and your teeth and gums? How does it feel before and after brushing? What does the running water sound like?
5. **Sounds within the home** – Can you hear the clock ticking? The kettle boiling? The stairs creaking? What do your footsteps feel and sound like?
6. **Reading a book, watching a specific television programme, or listening to music** - Are you completely focused on the dialogue, the vision, the sounds and meaning?
7. **Having a conversation** – Are you fully engaged in what the other person is saying? Are you completely focused and actively listening? How does your/their voice sound? How are you/they sitting/standing – what does it feel like?

*For this exercise, plan a day ahead (this does not need to be done at home) in the near future where you will actively take a mindful approach and notice the impact this has on not only your mood but your appreciation of all the things around you that may have previously gone unnoticed.*

**WHICH DAY? WHERE WILL I BE?**

**WHO WILL I BE WITH?**

*You will undoubtedly experience negative or unhelpful thoughts during the day (this is a normal experience). Do not try to push it away, simply observe the thought and let it pass by without giving it any emotional attachment and re-focus on your mindful activity.*

**WHAT WILL I BE DOING?**

**WHAT WILL I PAY MORE ATTENTION TO? HOW WILL I BE MORE MINDFUL?**



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