

# SLOW YOUR PACE CHALLENGE

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- DAY 1 *Turn off social media notifications on your phone.*
- DAY 2 *Instead of a to-do list jot down a not-to-do list today.*
- DAY 3 *Delegate a new responsibility to one of your kids.*
- DAY 4 *Set a timer and spend 20 minutes in a state of rest.*
- DAY 5 *Write a list of things you're grateful for.*
- DAY 6 *Get outside.*
- DAY 7 *Take a bath or long, hot shower today.*
- DAY 8 *Choose one thing to eliminate from your schedule this week.*
- DAY 9 *Today's all about single tasking: focus on doing one thing at a time.*
- DAY 10 *Set aside some time to read today.*
- DAY 11 *Do two minutes of deep breathing.*
- DAY 12 *Jot down a favorite quote & display it somewhere you'll see it daily.*
- DAY 13 *Do some stretching tonight before bed.*
- DAY 14 *Take a photo today of a moment that made you smile.*
- DAY 15 *Set a recurring reminder on your phone to drink water.*
- DAY 16 *Turn your phone completely off for 2 hours.*
- DAY 17 *Schedule a do-nothing day or two on your calendar this month.*
- DAY 18 *Watch the sunrise or sunset today.*
- DAY 19 *Practice saying no today. Write down 2-3 canned no responses for future use.*
- DAY 20 *Write in your journal or write a letter to a loved one.*
- DAY 21 *Take a nap or at least lay down with your eyes closed.*
- DAY 22 *Set a timer for 10 minutes & declutter one small area in your home.*
- DAY 23 *Eat dinner together as a family - slowly.*
- DAY 24 *Appreciate the sound of silence - turn off the radio, tv, phone.*
- DAY 25 *Take one part of your daily routine & focus on doing it mindfully.*
- DAY 26 *Edit your social media feeds. Unfollow those that don't uplift you.*
- DAY 27 *Make a list of your monthly commitments. Which ones can you say no to?*
- DAY 28 *Declutter your phone. Delete old contacts & apps you no longer use.*
- DAY 29 *Go through your closet & choose 3-5 items to donate.*
- DAY 30 *Plan at least 30 minutes of rest into your weekly schedule for the next month.*