

7 Days of Mindful Magic

Complete a magical mindful moment each day to grow your inner light—and don't forget the bonus!

Complete the magic—then check it off

1

Positive Affirmations

Say three kind things to yourself while looking in the mirror.

2

Share Kindness

Do something kind for someone—give a compliment, help out, or share a smile.

3

Gratitude Moment

Say or draw three things you're thankful for today.

4

Nature Listening Walk

Go outside and quietly listen. Can you hear 3 different sounds in nature?

5

Belly Breathing Practice

Take 3 slow, deep breaths while watching your belly rise and fall.

6

Draw a Peaceful Place

Use your imagination to draw a place where you feel calm and happy.

7

Mindful Eating

Eat a small snack slowly. Notice the taste, smell, and texture.



Ground Your Feet!

Stand barefoot on the ground. Close your eyes and imagine you are growing roots deep into the earth!