

1

Before going to bed, write down 3 things you appreciated about today.

2

Take a 10-minute break from work, setting devices aside to feel present in your space.

3

Count how many times you get distracted from your work today, without being critical about it.

4

Every time your phone pings, pause and follow a breath, in and out, before checking it.

5

Brush your teeth with your non-dominant hand and notice how different it feels.

6

Declutter your workspace to help your mind feel clearer and calmer.

7

Mindfully drink a cup of tea or coffee, free from distractions. Just focus on the taste and smell.

8

Move email and social media apps to the second page of your phone.

9

Notice how it feels to change your posture today, from standing to

10

11

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