



30 DAY MINDFULNESS SCHEDULE

Certification Program



JULY 19, 2020

INDIAN LEADERSHIP ACADEMY

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Mindfulness - 30 days Schedule



Finding contentment in these frantic times can sometimes feel like an uphill battle. An organized daily mindfulness practice will help you rediscover your peace, because there are deep wellsprings of joy within us no matter how perplexed we may feel. Your happiness is just waiting to be freed from the chains that have bound it due to the hectic nature of your life.

Simply reading inspirational quotes and knowing about the miraculous benefits of meditation will not free you from anxiety, stress, unhappiness and exhaustion. But have no fear! A diligent daily mindfulness practice can help with these things.

Few Daily Activities



- When you get up sit on your bed for a moment and smile thanking God for seeing another day.
- Just try and have tentative schedule for a day
- Always include something which you can give or do for others or this universe.
- Greet everyone in the house with a smile and wishing them for a good day
- Go out to the balcony or your lawn for few minutes taking fresh air feeling the nature.
- You can start your daily routine mindfully
- Write your daily journal

Mindfulness Tips



Instil healthy habits in your friends and family who are interested in your journey by encouraging them to take part! Then, you can compare your progress with each other to foster a spirit of community and a sense of being supported that will propel you towards success.

Being mindful is all about being aware of and tapped into your surroundings. You can choose specific habits or behaviour to make yourself more mindful of your surroundings. Some ways to be mindful is :

- Do not eat while standing up
- Do not make calls or text on your cell phone while walking
- Meditate every day, without fail
- Write down your achievements at the end of each day
- Reflect on, or write down, 3 things you're grateful for each day
- Put your phone away when eating dinner or spending time with people
- Stop multitasking and complete one item on your to-do list at a time
- Take a pause after every event before you go into other.

Day – 1



Today is the day for new beginning for you. A new journey to transform your life and to provide it more purpose and passion.

Start your day with a thought that you will abide by all the rules that you set for next 30 days.

Today you will practice meditation for self - love. Unless you love yourself and you have understanding and awareness of who you are, you cannot love others and build your relationship with life and others.

Breakfast time

- Put your phone away when eating.
- Close your eyes and focus on your breath for a while as you clear all other thoughts

Set Your Mindfulness Goals

Take a holistic approach to your emotional needs and start building an awareness for yourself and the world around you. Mindfulness is a practice that can drastically change the way you think, feel and act.

Start by setting your goals for the next 30 days. Here's how:

- Identify what you want to achieve in the 30 days. This could be anything from more peace, a greater sense of presence in your day to day life, your good health, need for more compassion or anything.
- Visualize these goals, and encourage your brain to think differently and find new ways to achieve the desired results.
- Remind yourself why you decided to do the mindfulness challenge and why it is so important to you. Focus on that importance and use it as motivation!
- Look at the bigger picture and visualize the next 30 days. Picture yourself overcoming any possible hurdles that might hinder your performance.
- Imagine the finer details of your personal goals and what it will be like to achieve it, Feel that moment of achievement.
- Imagine the level of elevation you will feel after successfully focusing on your personal aspirations for a month and achieving your goals.
- Gently bring your thoughts back to the present moment and take that good feeling with you into the rest of your day.
- Take a pledge not to have junk food for next 30 days
- Please make a note of all that is in your mind so that you don't miss anything during next 30 days.

Spend rest of the day mindfully embedding the goals set by you in your mind.

Take little breaks during the day to practice focusing on your breathing in between your activities.

Day – 2

The little things? The little moments? They aren't little. - Jon Kabat-Zinn

Today is the day to start implementing your plan. Start with closing your eyes for two mins and try see the day ahead with some good thoughts.

Meditation with focus on breathing for about 10 mins.

Do all activities mindfully throughout the day

Mindfulness Lunch routine

- Put your phone away when eating and no TV please.
- Close your eyes and focus on your breath for a while as you clear all other thoughts.
- Don't talk while eating.
- Just enjoy every bite

Day - 3

To think in terms of either pessimism or optimism oversimplifies the truth. The problem is to see reality as it is. - Thích Nhất Hạnh

Start the day same as day 1. Go out for 15 mins mindful walking. Get connected with nature. Feel the sound of birds, feel the breeze and feel the earth under your feet. Taste the nature.

Again mindful eating with no TV and gadgets. Carry out all activities mindfully.

Remind yourself of your goals set and keep in focus.

Mindfulness Evening routine

Did you come home and spend time with your partner? **Yes/No**

Did you come home and spend time with your children? **Yes/No**

Did you come home and spend time with the elders in your family?

Yes/No

Day - 4

When we get too caught up in the busyness of the world, we lose connection with one another – and ourselves. - Jack Kornfield

- Start the day with collecting your thoughts for the day.
- Today you will do loving kindness meditation.
- Spend rest of the day with mindful activities and showering loving kindness to all and everyone you meet throughout the day
- Try to do breathing meditation in the evening.
- Before Dinner

Thanking and gratefulness routine before a meal

- Thank the universe (sun , oxygen , life , earth) for giving you food
- Thank the farmer and his family who planted the seeds and grew the food
- Thank all the middleman who bought and transported the food to your city
- Thank the person who cooked the food

Day – 5

Everything that has a beginning has an ending. Make your peace with that and all will be well. - Jack Kornfield

- Start the day with some beautiful thoughts and keep that smile on while you exchange pleasantries with your dear ones.
- Today is the day to practice Chakra Meditation. Spend about 20 minutes going through and energising each chakra in your body.
- With revive energy eat your breakfast and rest of the meals mindfully.
- Don't forget 10 minds meditation in the evening

Eating habits

- Eat fruit before your meal NOT AFTER
- Do not eat while standing up
- Now look at the food and fruit for a minute and observe it
- Take a tiny morsel and relish the taste (like you would to a raisin)
- Chew for 32 counts then swallow

Day - 6

Mindful eating is about awareness. When you eat mindfully, you slow down, pay attention to the food you're eating, and savor every bite. - Susan Albers

- Get up with a broad smile. See happiness in everything in your bed room as they are all smiling and wishing you good morning.
- Today you will practice meditation for compassion.
- Spend rest of the day showing compassion to everyone you meet. Try to make feel people happy by making them feel important in your life.
- Have all the meals mindfully.
- Have 10 mins meditation in the evening.

Before you sleep

- Sleep by 10 pm latest
- Set an Alarm clock for 5 am if you are not sure of getting up on your own.
- Keep away all electronic gadgets and screens
- Thank the Universe
- Thank your family
- Bless life for giving you life lessons
- Accept your situations and yourself
- Forgive yourself
- Love and appreciate yourself for everything you managed to do and encourage yourself to do better tomorrow

Sweet dreams

Day – 7

Mindful eating is a way to become reacquainted with the guidance of our internal nutritionist. - Jan Chozen Bays

Morning habits

- When you get up sit on your bed for a moment and smile thanking God for seeing another day.
- Just try and have tentative schedule for a day
- Always include something which you can give or do for others or this universe.
- Greet everyone in the house with a smile and wishing them for a good day
- Go out to the balcony or your lawn for few minutes taking fresh air feeling the nature.
- You can start your daily routine mindfully

Today you will take stock of the past week:

- Did you complete all task as planned?
- If not, where did you fall short of your expectations?
- Any mid-course correction?

Start your day with body scanning meditation practice for 20 mins. Get connected to each and every part of your body and thank them for making you such a beautiful person. Focus more on parts if you have pain or any other discomfort.

- Do all activities mindfully including having your meals.
- Have 10 mins meditation practice in the evening.
- Before going to bed take a look back and review your entire week.
- Write down what you could achieve as also the areas where you need to put more efforts. Don't get disheartened if you see yourself not meeting set challenge. There are still three weeks to go to catch up.

Day - 8

Life is a dance. Mindfulness is witnessing that dance. - Amit Ray

Today is the day to connect with your family. Have your morning tea/coffee together.

Family meditation day today. Tell everyone in the house to join you for a meditation session. Try guiding them.

Breakfast time

- Put your phone away when eating.
- Close your eyes and focus on your breath for a while as you clear all other thoughts

Spend the rest of the day listening to each other mindfully and having your short meditation moments in between

Day - 9

You can't stop the waves, but you can learn to surf. - **Jon Kabat-Zinn**

Today is the day to connect with your friends. Give them a call and invite them for a meditation session.

Have a guided Meditation session with your friends and afterwards have a cup of tea together mindfully or can take them for a walk.

Mindfulness Lunch routine

- Put your phone away when eating and no TV please.
- Close your eyes and focus on your breath for a while as you clear all other thoughts.
- Don't talk while eating.

Just enjoy every bite

Spend the day doing your activities mindfully.

Day - 10

The best way to capture moments is to pay attention. This is how we cultivate mindfulness. - **Jon Kabat-Zinn**

Today you will connect with your friends. Talk to them and call them for a meditation session.

Have a guided meditation practice with them. Discuss effect of meditation on everyone's life.

Evening routine

- Did you come home and spend time with your partner? Yes/No
- Did you come home and spend time with your children? Yes/No
- Did you come home and spend time with the elders in your family
Yes/No

Day - 11

If the problem can be solved why worry? If the problem cannot be solved worrying will do you no good. - Buddha

Today is the day to take care of your health and eat healthy food throughout the day.

Advise others to eat healthy and mindfully. Give people tips for being mindful to have great health

Practice Gratitude Meditation through the day

Thanking and gratefulness routine before a meal

- Thank the universe (sun , oxygen , life , earth) for giving you food
- Thank the farmer and his family who planted the seeds and grew the food
- Thank all the middleman who bought and transported the food to your city
- Thank the person who cooked the food

Day - 12

Fear is a natural reaction to moving closer to the truth. - Pema Chödrön

Today identify areas where you are draining and are possible reason for giving you stress. See you can you place energy drains and plug these areas.

Practice Acceptance meditation through the day.

Eating habits

- Eat fruit before your meal NOT AFTER
- Do not eat while standing up
- Now look at the food and fruit for a minute and observe it
- Take a tiny morsel and relish the taste (like you would to a raisin)
- Chew for 32 counts then swallow

Day - 13

Attachment leads to suffering. - Buddha

Today sit mindfully for few minutes and see if you still carrying hatred against someone who has hurt you any time in the past. This hatred is the reason for your stress and makes you uncomfortable most of the time. Forgive them and let it out from you.

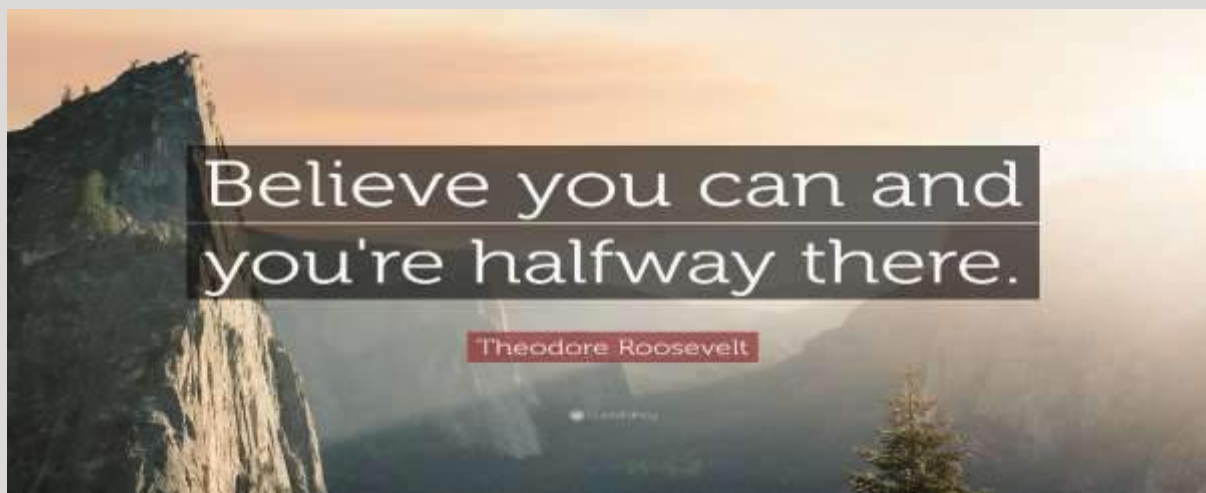
Today practice Forgiveness meditation through the day

Before you sleep

- Sleep by 10 pm latest
- Set an Alarm clock for 5 am if you are not sure of getting up on your own.
- Keep away all electronic gadgets and screens
- Thank the Universe
- Thank your family
- Bless life for giving you life lessons
- Accept your situations and yourself
- Forgive yourself
- Love and appreciate yourself for everything you managed to do and encourage yourself to do better tomorrow

Sweet dreams

Day - 14



You are half way through. Time to take stock of the past week:

1. Did you complete all task as planned?
2. If not, where did you fall short of your expectations?
3. Any mid-course correction?

Today is the day to attain some more knowledge about Mindfulness. Spend the day reading books on mindfulness and listening to videos by top mindfulness experts like HH Dalai Lama, Eckhart Tolle, Gelong Thubetan and others.

Review your journal and see what are the things where you excelled and where you felt short of your target. Make a note to catch up during next few days.

Spend your day mindfully.

Day - 15

Our life is shaped by our mind, for we become what we think. – Buddha

Today you will practice meditation for self -love. See which are the areas of self -love where you still need to work little bit more.

Breakfast time

- Put your phone away when eating.
- Close your eyes and focus on your breath for a while as you clear all other thoughts

Spend the day mindfully remembering to be in the present moment and taking a pause every now and then.

Day - 16

Peace comes from within. Do not seek it without. - Buddha

Now your body will feel more spacious, as though it has been untied of all its knots and you will find that your breath reaches further and you are increasing more and more awareness.

Start with closing your eyes for two mins and try see the day ahead with some good thoughts.

Meditation with focus on breathing for about 10 mins.
Do all activities mindfully throughout the day

Mindfulness Lunch Routine

- Put your phone away when eating and no TV please.
- Close your eyes and focus on your breath for a while as you clear all other thoughts.
- Don't talk while eating.
- Just enjoy every bite.

Day - 17

Altogether, the idea of meditation is not to create states of ecstasy or absorption, but to experience being. - Chögyam Trungpa

Give a pleasant kick start to the day.

Go out for 15 min mindful walking. Get connected with nature. Feel the sound of birds, feel the breeze and feel the earth under your feet.

Again mindful eating with no TV and gadgets. Carry out all activities mindfully.

Remind yourself of your goals set and keep in focus.

Evening routine

Did you come home and spend time with your partner ? Yes/No

Did you come home and spend time with your children? Yes/No

Did you come home and spend time with the elders in your family

Yes/No

Day - 18

Don't believe everything you think. Thoughts are just that – thoughts. - **Allan Lokos**

Start the day with some beautiful thoughts and keep that smile on while you exchange pleasantries with your dear ones.

Today is the day to practice Chakra Meditation. Spend about 20 minutes going through and energising each chakra in your body.

With revived energy eat your breakfast and rest of the meals mindfully.

Don't forget 10 minutes meditation in the evening

Eating habits

- Eat fruit before your meal NOT AFTER
- Do not eat while standing up
- Now look at the food and fruit for a minute and observe it
- Take a tiny morsel and relish the taste (like you would to a raisin)
- Chew for 32 counts then swallow

Day - 19

Nothing can harm you as much as your own thoughts unguarded. - Buddha

Get up with a broad smile. See happiness in everything in your bed room as they are all smiling and wishing you good morning.

Today you will practice meditation for compassion.

Spend rest of the day showing compassion to everyone you meet. Try to make feel people happy by making them feel important in your life.

Have all the meals mindfully.

Have 10 mins meditation in the evening.

Before you sleep

- Thank the Universe
- Thank your family
- Bless life for giving you life lessons
- Accept your situations and yourself
- Forgive yourself
- Love and appreciate yourself for everything you managed to do and encourage yourself to do better tomorrow

Sweet dreams

Day - 20

What would it be like if I could accept life – accept this moment – exactly as it is? - Tara Brach

Morning habits

- When you get up sit on your bed for a moment and smile thanking God for seeing another day.
- Just try and have tentative schedule for a day
- Always include something which you can give or do for others or this universe.
- Greet everyone in the house with a smile and wishing them for a good day
- Go out to the balcony or your lawn for few minutes taking fresh air feeling the nature.
- You can start your daily routine mindfully

Today you will take stock of the past days:

1. Did you complete all task as planned?
2. If not, where did you fall short of your expectations?
3. Any mid-course correction?

Start your day with body scanning meditation practice for 20 mins. Get connected to each and every part of your body and thank them for making you such a beautiful person. Focus more on parts if you have pain or any other discomfort.

Do all activities mindfully including having your meals.

Have 10 mins meditation practice in the evening.

Before going to bed take a look back and review your entire week.

Write down what you could achieve as also the areas where you need to put more efforts. Don't get disheartened if you see yourself not meeting set challenge. There are still three weeks to go to catch up.

Feel fulfilled and take a good sleep.

Day - 21

Just as a snake sheds its skin, we must shed our past over and over again. -

Buddha

Today is the day to connect with your family. Have your morning tea/coffee together.

Family meditation day today. Tell everyone in the house to join you for a meditation session. Try guiding them.

Breakfast time

- Put your phone away when eating.
- Close your eyes and focus on your breath for a while as you clear all other thoughts

Spend the rest of the day listening to each other mindfully and having your short meditation moments in between

Day - 22

Today is the day to connect with your friends. Give them a call and invite them for a meditation session.

Have a guided Meditation session with your friends and afterwards have a cup of tea together mindfully or can take them for a walk.

Mindfulness Lunch routine

- Put your phone away when eating and no TV please.
- Close your eyes and focus on your breath for a while as you clear all other thoughts.
- Don't talk while eating.

Just enjoy every bite

Spend the day doing your activities mindfully.

Day - 23

The best way to capture moments is to pay attention. This is how we cultivate mindfulness. - **Jon Kabat-Zinn**

Today you will connect with your friends. Talk to them and call them for a meditation session.

Have a guided meditation practice with them. Discuss effect of meditation on everyone's life.

Evening routine

Did you come home and spend time with your partner? Yes/No

Did you come home and spend time with your children? Yes/No

Did you come home and spend time with the elders in your family

Yes/No

Day - 24

To think in terms of either pessimism or optimism oversimplifies the truth. The problem is to see reality as it is. - Thích Nhất Hạnh

This is the last week of your monthly schedule of being mindful. Focus on last three weeks and see where you excelled and what are the areas where you need to focus more.

Today is the day to take care of your health and eat healthy food throughout the day.

Advise others to eat healthy and mindfully. Give people tips for being mindful to have great health

Practice Gratitude Meditation through the day

Thanking and gratefulness routine before a meal

- Thank the universe (sun , oxygen , life , earth) for giving you food
- Thank the farmer and his family who planted the seeds and grew the food
- Thank all the middleman who bought and transported the food to your city
- Thank the person who cooked the food

Day - 25

hat's life: starting over, one breath at a time. - Sharon Salzberg

Today identify areas where you are draining and are possible reason for giving you stress. See you can you place energy drains and plug these areas.

Practice Acceptance meditation through the day.

Eating habits

- Eat fruit before your meal NOT AFTER
- Do not eat while standing up
- Now look at the food and fruit for a minute and observe it
- Take a tiny morsel and relish the taste (like you would to a raisin)
- Chew for 32 counts then swallow

Day - 26

Let go of your mind and then be mindful. Close your ears and listen!”– Jalaluddin Rumi

Today sit mindfully for few minutes and see if you still carrying hatred against someone who has hurt you any time in the past. This hatred is the reason for your stress and makes you uncomfortable most of the time. Forgive them and let it out from you.

Today practice Forgiveness meditation through the day

Before you sleep

- Sleep by 10.30 pm latest
- Set an Alarm clock for 5 am if you are not sure of getting up on your own.
- Keep away all electronic gadgets and screens
- Thank the Universe
- Thank your family
- Bless life for giving you life lessons
- Accept your situations and yourself
- Forgive yourself
- Love and appreciate yourself for everything you managed to do and encourage yourself to do better tomorrow

Sweet dreams

Day – 27

Look at other people and ask yourself if you are really seeing them or just your thoughts about them.”– Jon Kabat-Zinn

Since you were part of our Mindfulness practitioner program, you need to start giving it to others. You can find few people either part of some NGO or your neighbours to teach them about mindfulness. Try out your teaching skills and make your videos.

Breakfast time

- Put your phone away when eating.
- Close your eyes and focus on your breath for a while as you clear all other thoughts

Spend the rest of the day listening to each other mindfully and having your short meditation moments in between

Day - 28

Life is not lost by dying; life is lost minute by minute, day by dragging day, in all the small uncaring ways.”– Stephen Vincent Benet

After mindful morning activities prepare your own meditation script for any area which you need to focus more.

Write down your teaching experience by going through video recordings and see which are the areas where you need more practice or experience.

Thanking and gratefulness routine before a meal

- Thank the universe (sun , oxygen , life , earth) for giving you food
- Thank the farmer and his family who planted the seeds and grew the food
- Thank all the middleman who bought and transported the food to your city
- Thank the person who cooked the food

Day - 29

Meditation is essentially training our attention so that we can be more aware—not only of our own inner workings but also of what’s happening around us in the here & now.— Sharon Salzberg

You are almost there. Another day to go and write in your journal how you are feeling. Must be great to go through this beautiful mindfulness routine.

Today you will practice meditation for opening your heart.

Spend rest of the day showing compassion to everyone you meet. Try to make feel people happy by making them feel important in your life.

Have all the meals mindfully.

Have 10 mins meditation in the evening.

Before you sleep

- Thank the Universe
- Thank your family
- Bless life for giving you life lessons
- Accept your situations and yourself
- Forgive yourself
- Love and appreciate yourself for everything you managed to do and encourage yourself to do better tomorrow

Sweet dreams

Day - 30



Actually, it's not the end of the journey, but a new beginning. Thank everyone who made this journey possible for you, full of happiness and mindfulness:

- Almighty
- Yourself
- Your teachers
- Your family members
- Your friends
- And all other who blessed you during this journey.

Today try to recap and perform all activities that you did in last 30 days. Mindful meditation, mindful eating, mindful talking, mindful listening, compassion and so on.

Along with sense of achievement and satisfaction, today is the most challenging day for you as you did what we told you to do over last 30 days. Now you have to find your own path, make your own plan, how can you continue to imbibe mindfulness in your routine and habits. Not only you, but you need to motivate your family, friends and society to embrace mindfulness to live a happy and better tomorrow.

Please print 30 copies, one for each day.

<u>YOUR DAILY JOURNAL</u>		
Date:		
1.	What time did you get up?	
2	What were your thoughts when you got up?	
3	Set your intentions for the day	
4	What areas do you need to be mindful today (that you were not yesterday or want to change)	

5	I need to be mindful at these times	
6	End of day- List those events where you were NOT Mindful through the day (Relationships , work , eating meals, conversations etc)	
7	Could you meet your other goals and intentions set for the day	
8	How many times you practiced gratitude?	
9	Anything specific you want to do tomorrow	