



Calm Morning Challenge



Embrace a digital detox each morning and engage in calming activities that set a positive tone for your day

CHALLENGE DESCRIPTION:

Are you ready to kick-start your days with a burst of positivity and energy? Welcome to the Calm Morning Challenge! For the next 7 days, we're going to embark on a fun and healthy adventure—starting each morning without any digital devices for the first hour. This simple change can make a huge difference in how you feel throughout your day!

HOW WILL THIS HELP YOUR WELL-BEING?

- **Better Focus:** Without the distraction of your phone, you can think more clearly and prepare for the day with a fresh mind.
- **Less Stress:** Starting the day without screens helps you avoid the stress of emails and social media, fostering a peaceful morning atmosphere.
- **More Energy:** Avoiding screens can improve sleep quality and boost your energy levels throughout the day.
- **Quality Time:** Use this extra time for activities you love, like reading, drawing, or spending time with family, to enrich your mornings.

This challenge supports various aspects of personal well-being, such as:

- **Enhanced Focus:** Reduces distractions, allowing you to start your day with a clear mind and set priorities.
- **Lower Stress Levels:** Minimizes exposure to potentially stressful information first thing in the morning, promoting a calmer start to the day.
- **Increased Energy:** Encourages better sleep patterns and more restorative rest by avoiding screen time in the morning.
- **Improved Mental Health:** Provides an opportunity for mindfulness and reflection, improving overall mood and mental clarity.
- **Strengthened Relationships:** Allows for more meaningful interactions with family or time spent on self-care activities.

CALM MORNING

THE CHALLENGE

Check off each morning as you start your day without any digital devices for the first hour after waking up.



1

Stretch and Breathe: Start your day with gentle stretches and deep breathing exercises. This helps wake up your muscles and calm your mind. Spend about 10 minutes on simple stretches or yoga poses to feel relaxed and energized.



2

Enjoy a Healthy Breakfast: Prepare a nutritious breakfast to fuel your body and mind. Choose meals like yogurt with fruit, whole-grain cereal, or a smoothie. A healthy start boosts your focus and energy for the day.



3

Read a Book or Magazine: Take some time to read something you enjoy. Whether it's a book or a magazine, reading can relax you and stimulate your mind. Pick something that makes you happy or intrigued.



4

Take a Walk: Go for a short walk outside. Enjoying nature and fresh air can lift your mood and energy levels. Even a brief 10-minute stroll in your neighborhood can be refreshing and invigorating.



5

Plan Your Day: Use this time to organize your thoughts and set your goals for the day. Making a list of tasks or objectives helps you stay organized and feel more in control of your time.



6

Do a Creative Activity: Engage in a creative activity like drawing, coloring, or journaling. Expressing creativity is a joyful way to start the day and can help you process thoughts and feelings.



7

Spend Time with Family: Dedicate the first hour to connecting with your family. Have a chat, play a game, or share a meal together. Quality time with loved ones fosters happiness and support.

CHALLENGE COMPLETE!

Congratulations on completing the Calm Morning Challenge! By embracing a screen-free hour each morning, you've nurtured a more mindful and peaceful start to your days. Reflect on how these new habits have improved your focus, reduced stress, and brought joy. Consider continuing these practices to maintain a calm and positive morning routine. Remember, a peaceful start sets the tone for a successful and happy day!



Congratulations on completing the **Calm Morning Challenge**

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

