

# The Meditating Teacher

## 30 Days of Mindful Moments

Day 1 Set your intention	Day 2 Meditate for 5 minutes	Day 3 Focus on your breath	Day 4 Mindful listening	Day 5 Body Scan
Day 6 Practice Yoga	Day 7 Meditate for 10 minutes	Day 8 Standing Meditation	Day 9 Mindful Walking	Day 10 Be in Nature
Day 11 Mindful posture	Day 12 Remain present	Day 13 Meditate for 15 minutes	Day 14 Social Media Free	Day 15 Relaxing moment
Day 16 Sense your heart-center	Day 17 Gratitude	Day 18 Be in silence	Day 19 Mantra from the heart	Day 20 Kind Wishes
Day 21 Meditate for 20 minutes	Day 22 Act of kindness	Day 23 Mindful eating	Day 24 Mindful to-do list	Day 25 Mindful work
Day 26 Mindful Creativity	Day 27 Mindful communication	Day 28 Meditate for 30 minutes	Day 29 Reflect	Day 30 Letter to future self