

30 - 40 MIN 3X WEEK

### DAY 1

- welcome video
- journaling
- everyday mindfulness
- mini-meditation

### DAY 2

- everyday mindfulness

### DAY 3

- everyday mindfulness
- longer meditation

### DAY 4

- everyday mindfulness

### DAY 5

- everyday mindfulness

### DAY 6

- everyday mindfulness
- yoga
- mini-meditation

### DAY 7

- everyday mindfulness

JNW

[www.jennynwilde.com](http://www.jennynwilde.com)