

# WELCOME TO THE FREE TO BE 5-DAY MINDFULNESS CHALLENGE!

When embarking on any new challenge, accountability is key! This check list will help you stay on track and complete this challenge.

Print this checklist out and put it where you watch the videos each day. Every time you watch a video, check that day off and keep yourself motivated by watching your progress!

## Day 1: Intention

Whats your intention?

## Day 2: Connect

How does it feel to watch your breath?

## Day 3: Notice

What do I notice when I connect with myself?

## Day 4: Inquire

Get curious. What's happening here?

## Day 5: Accept

What happens when I accept what's present?

## Day 6: Be

What happens when I'm present here, now, in the moment?

## I Did It: The Challenge is Complete!!!

## Now, what's the next step?

Congratulations on completing the 5-Day Mindfulness Challenge! Brava, Bravo!

Would you like to go to the next step?

We've got a deeper dive into the Free to Be 5 Step Process.

[You can find out more about it here.](#)

Thanks for joining us!

What one tool from this challenge will you use each day over the next 7 days?

Make it real and see yourself using this tool during a specific moment of you day!

Keep going and take care!

A handwritten signature in black ink that reads "Sarah". The signature is fluid and cursive, with a large loop at the beginning of the word.