

Mindfulness Meditation Challenge

Day	Starting Time	End Time	Mark	Notes
1	06:00	06:05		
2	06:00	06:10		
3	06:00	06:10		
4	06:00	06:10		
5	06:00	06:10		
6	06:00	06:15		
7	06:00	06:15		

Tips:

While meditating does not engage with your thoughts

Make sure the place you're meditating is clean and clear

Use a refreshing music, suggested "Nirvana music"