

The Workplace Mindfulness Challenge

Fill in the blanks, choose your three favorites, replace “can” with “will,” and do each of them once every workday for 3 weeks. Let me know how it goes at joe@jhanderson.biz!

MINDFUL ACTIVITIES

Notice

Sense

Feel

Appreciate

Be curious about

Be open to

Pay attention to

Have empathy for

MY DAY

To build the workplace mindfulness habit, at least once every day...

During my morning commute I can _____
(activity) (object of attention)

At my morning break I can _____
(activity) (object of attention)

At lunch I can _____
(activity) (object of attention)

At my afternoon break I can _____
(activity) (object of attention)

During my afternoon commute I can _____
(activity) (object of attention)

MY ENVIRONMENT

To build the workplace mindfulness habit, at least once every day...

At my desk I can _____
(activity) (object of attention)

In my office building I can _____
(activity) (object of attention)

In my building's neighborhood I can _____
(activity) (object of attention)

MY COMMUNICATIONS

To build the workplace mindfulness habit, at least once every day...

When I work through my inbox I can _____
(activity) (object of attention)

When I use chat I can _____
(activity) (object of attention)

When I am on conference calls I can _____
(activity) (object of attention)

When I meet with my boss I can _____
(activity) (object of attention)

When I meet with my team I can _____
(activity) (object of attention)

FREESTYLE

To build the workplace mindfulness habit, at least once every day...

When I _____ I can _____
(trigger) (activity) (object of attention)

When I _____ I can _____
(trigger) (activity) (object of attention)

When I _____ I can _____
(trigger) (activity) (object of attention)

When I _____ I can _____
(trigger) (activity) (object of attention)