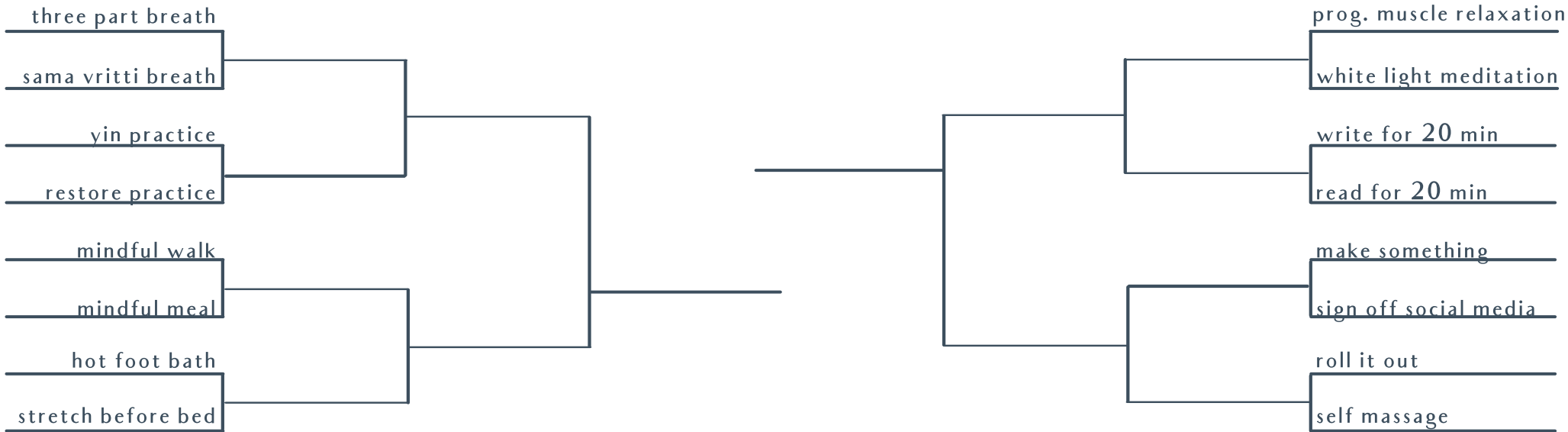




# MARCH *Mindfulness* CHALLENGE



## *wild cards*

Sub in one of the wild cards for any of the above, or try them out in addition to the options listed in the bracket.

new moon ritual on March 13  
 full moon ritual on March 28  
 make a gratitude cup  
 wear an outfit that feels good on your skin  
 create a playlist with songs that bring you presence  
 compile a mindfulness corner with your fave tools

