



Day 1 to increased mindfulness

Welcome to the Sparkle Revolution! In this bundle, we have created a 3-day sampling of some of the micro-mindfulness activities that you will find in the Sparkle Revolution mobile application. These exercises are designed to be inspirational, insightful, and quick. Enjoy!



Morning: Practice gratitude

One of the best ways to set yourself up for a good day is to start your day with gratitude.

Spend a few minutes thinking about at least 3 things in your life you are grateful for and write these down (in your journal, or on this page).



Afternoon: Positive affirmations

Repeating affirmations is a great way to start to reprogram your mind with more positive thoughts and beliefs.

Focus on and repeat (in your head or out loud) the affirmations shown. You can set a timer on your phone for whatever amount of time feels right to you (we suggest 2-3 minutes to start).

- **My life is getting better every day**
- **I choose to notice the positive things that happen in my day**
- **Only I can determine my attitude and reactions to things that happen**

Really try to focus on the meaning of these words as you do this.



Evening: Awareness of your breath



Let's work on creating a habit of awareness and being present.

You can set a timer on your phone for this exercise. We suggest trying to do this for at least one minute. Sit comfortably and focus on your breath going in and out of your body. If your mind wanders, just gently bring it back to the awareness of your breath.

Practice taking a few moments in your day to be present and breathe.

To continue this practice with helpful reminders, badges, daily journaling, and a history of all you've accomplished, try Sparkle Revolution free for 14 days (then just \$2.99 per month!).



Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you. — Nathaniel Hawthorne





Day 2 to increased mindfulness

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Morning: Practice gratitude for someone

Practicing gratitude helps set the stage for a happy day.

Today, think about a person or pet you are grateful for. Spend a few minutes writing down all the great things you can think of about your chosen subject and how they make you feel.



Afternoon: Become aware of your thoughts

Have you ever noticed how often our thoughts control us?

Becoming aware of the thoughts in your mind can help you recognize they are just thoughts and you can decide if you want to follow them and allow them to dictate your feelings.

Set a timer and spend a few minutes noticing the thoughts that are in your mind and write your observations. Don't try to judge anything that comes up; just practice raising your awareness of the thoughts you are thinking.



Evening: Reflect on your day

Recalling good events from your day can be a great way to set yourself up for a happier tomorrow.

Think back on your day today and what nice things you have done and spend a few minutes writing about these. It could be as simple as petting your pet, giving your spouse a hug, or smiling at a stranger. Realize even the smallest acts of kindness can have major consequences.

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Gratitude, like faith, is a muscle. The more you use it, the stronger it grows, and the more power you have to use it on your behalf. — Alan Cohen





Day 3 to increased mindfulness

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Morning: Set an intention for your day

Setting intentions can have a powerful impact on what occurs in your life.

Think of a word or phrase that describes how you want to feel today. This is not what you want to do, but how you want to feel. Some ideas: peaceful, fun, happy, excited, calm, joyful. Write this down and spend a few moments focusing on this intention.



Afternoon: Practice kindness toward yourself

Sometimes it can feel like it's harder to be nice to ourselves than it is to be nice to others in our lives.

For this activity, spend some time affirming kind thoughts for yourself. Start a timer and then focus on and repeat (in your head or out loud) the affirmations listed. The more you repeat these affirmations, the more they will become true for you.

- I love and respect myself
- I am kind to myself
- I am willing to be patient and generous with myself as I go through my life journey



Evening: Awareness of foods you ate today

Think about the foods you ate today, and the path these foods had to take to get to you for you to consume them.

Consider the farmers, delivery people, grocery store workers, etc. Whatever you have eaten, try to feel gratitude for the circumstances and people that made it possible for you to have this food. Write at least one item you are grateful for.

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Rather than being your thoughts and emotions, be the awareness behind them. — Eckhart Tolle

