



We spend so much time caring about everyone else's health and often forget about our own.

2025 is the year you prioritise yourself so that you can continue to shape the minds of our future.

Grow Your Mind is a 14 day challenge, that consists of simple mindful tasks for you to complete each day.

Enjoy looking after your mind, and as always, feel free to share your mindful moments with me or tag me in your social media posts!



Good Morning,

**Welcome to day 1 of the mindful challenge.
Enjoy spending some time on yourself today.**

Journal Prompt

What do I need more of in my life?

Mindful Task

**Take yourself for a walk outside and
use your 5 sense to keep you present.**



**Good Morning ,
Have a stunning day today.**

Journal Prompt
What do I need to let go of to live a freer life?

Mindful Task
**Practice mindful eating today. Put the phone
down, turn the TV off and enjoy your meals
using your 5 senses.**

GROW YOUR MIND



14 DAY CHALLENGE

**Good Morning,
Remember that you are enough.**

Journal Prompt
If money wasn't an issue, what would my ideal
life be?

Mindful Task
Practice 4-7-8 breathing.
In for 4 - hold for 7 - out for 8



**Good Morning,
You are absolutely thriving, have a beautiful
day.**

**Journal Prompt
Who is my biggest inspiration and why?**

**Mindful Task
Write 3 things you're grateful for today.**

GROW YOUR MIND



14 DAY CHALLENGE

**Good Morning,
Choose happiness today.**

Journal Prompt
What are 5 things I love most about myself?

Mindful Task
Complete a meditation today.



**Good Morning,
Forgive yourself for all mistakes you've made.**

Journal Prompt
Where will I be in 5 years? Describe what it looks like and feels like.

Mindful Task
Enjoy sitting out in the sunshine today, close your eyes and pay attention to what you can hear, smell and feel.



**Good Morning Gorgeous,
Embrace who you are: the good and the bad.**

Journal Prompt
What are some of my limiting beliefs that might
be holding me back?

Mindful Task
Give yourself a little pamper session.

GROW YOUR MIND



14 DAY CHALLENGE

**Good Morning Beautiful,
What makes you different, makes you
beautiful.**

**Journal Prompt
How can I add happiness to my daily life?**

**Mindful Task
Enjoy some of your favourite food.**



**Good Morning,
It's a beautiful day, to have a beautiful day.**

Journal Prompt
Write a list of things that make you smile then a
list of things you do for yourself.

Mindful Task
Complete a short meditation on youtube.



**Good Morning,
Your past does not define you.**

Journal Prompt

**What are my strengths? What are my weaknesses?
How can I work to improve these?**

Mindful Task

**Put on some relaxation music, close your eyes
and see what you visualise. Take some time to
draw what visualise.**



**Good Morning,
You are capable of amazing things.**

Journal Prompt
What boundaries do you need to put into place to
live a happier life?

Mindful Task
Pick out a book and spend 10 minutes reading
in the sun.



**Good Morning,
True happiness comes when you are true to
yourself.**

**Journal Prompt
How can I feel more fulfilled in my day to day
life?**

**Mindful Task
Write 5 things you're grateful for.**



**Good Morning,
You were born to be real, not perfect.**

Journal Prompt
Create a list of 10 mantras you can use as daily affirmations.

Mindful Task
Practice a guided breathing on youtube.



Good Morning,

**A thought is just a thought and it can always
be changed.**

Journal Prompt

**Who do you appreciate the most in your life and
why?**

Mindful Task

Do something that brings you joy.

GROW YOUR MIND
14 DAY CHALLENGE



Bloom From Within



"It was inspiring to see our students gain confidence and learn to embrace their individuality."
~ Teacher feedback

Bloom From Within's programs teach skills and strategies to improve the overall confidence of girl's, thereby increasing their participation in school and life. Our programs are written & delivered by a teacher and approved by a psychologist.

Content Covered;

- Sense of Self
- Body Image
- Positive Mindset Set
- Self-Management Strategies

Curriculum links;

Stage 3 PD3-1, PD3-3, PD3-7, PD3-9
Stage 4 PD4-1, PD4-2, PD4-9, PD4-10
Stage 5 PD5-6, PD5-7, PD5-9

90% of Bloom From Within students recorded having improved self confidence.



Contact us



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