



# WORKBOOK

**Name**

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**Date started challenge**

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## What is it?

The 7-Day Challenge has been designed to help you develop your own personal wellbeing and resilience toolkit to support you through the ups and downs of work and life.

Every day you will receive an email with a video outlining the task for the day, as well as a 10-minute guided mindfulness meditation.

The whole challenge has been built around the EQu model of Mindfulness with each day focused on a theme.

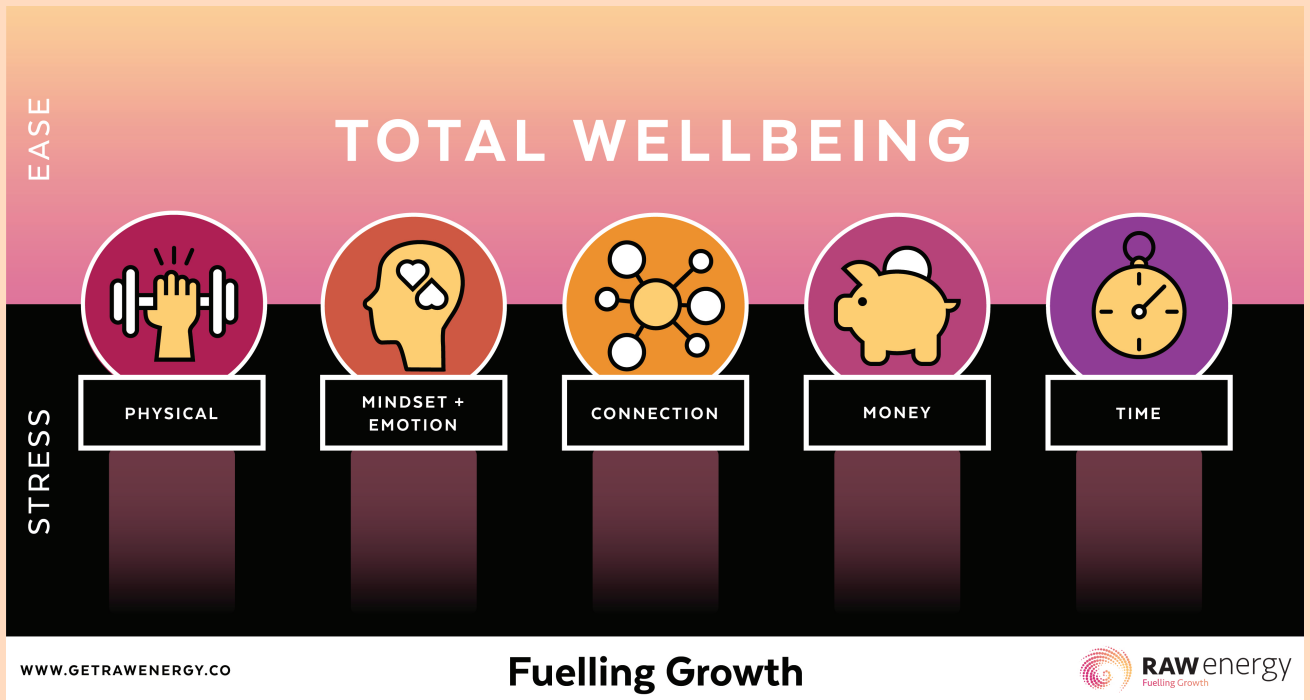


## Challenge Structure Themes

DAY 1	RESET Day
DAY 2	AUTOPILOT Day
DAY 3	CONCENTRATION Day
DAY 4	ATTENTION Day
DAY 5	SENSATIONS Day
DAY 6	THOUGHTS Day
DAY 7	EMOTIONS Day
DAY 8	ROUNDUP Day



# The EQUILIBRIUM Philosophy



The EQUILIBRIUM Philosophy focuses on helping people to develop the knowledge, skills and habits to Find EQUILIBRIUM across five dimensions of life.

This challenge is based around the second pillar, Mindset & Emotional Wellbeing, and acknowledges that we are all individuals and one size does not suit all, but the overall guiding principles are applicable to everyone.

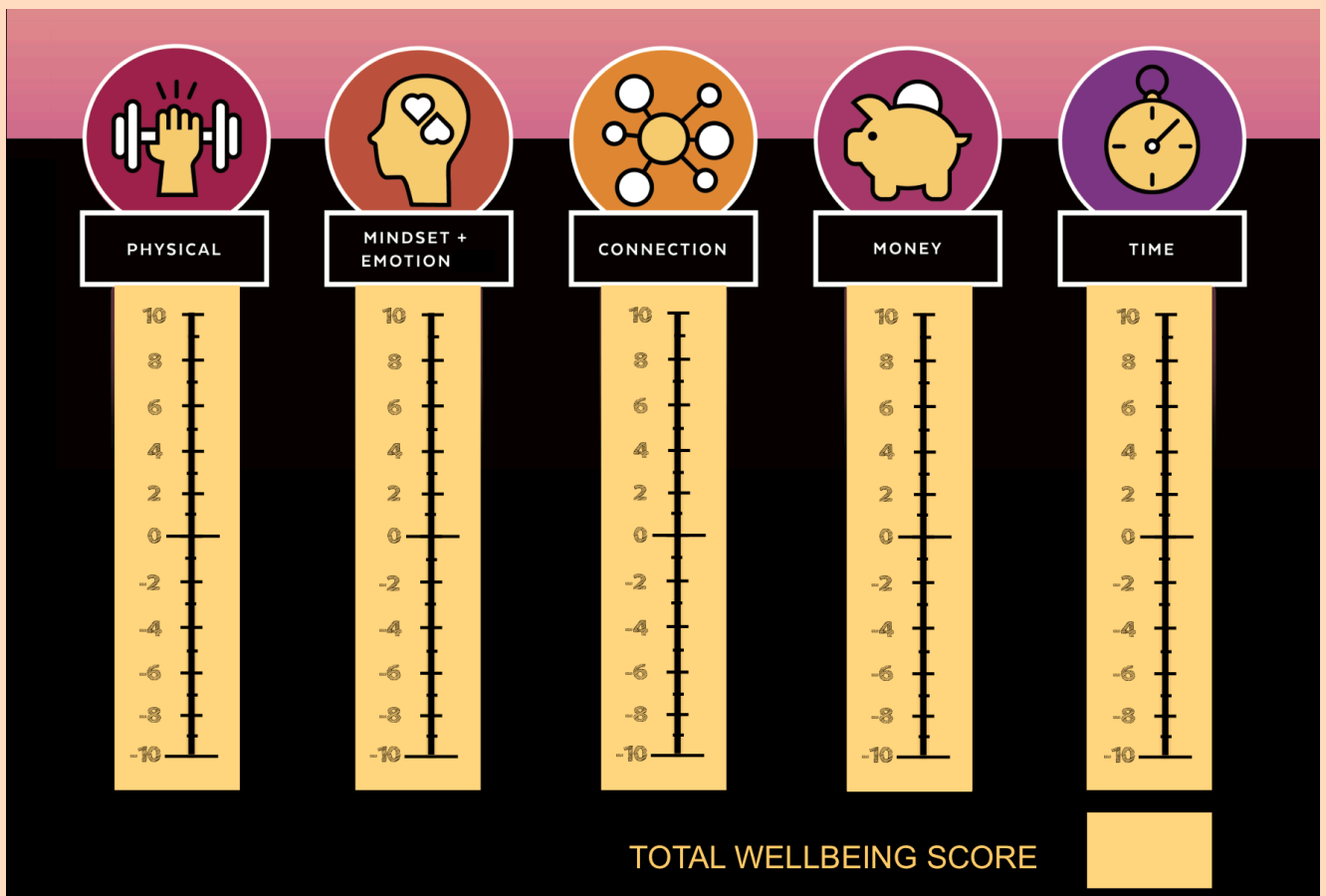
To get the most out of this challenge:

- Schedule 20 mins at the same time each day, so it becomes normal
- You'll receive a daily email at 6am UK time for each of the 7 days
- Commit to doing the work



# Day 1: RESET DAY

## Where are you now? Your EQUILIBRIUM Score



1. Mark where you are on each pillar from -5 to +5
2. Connect the dots
3. Add your scores together
4. Keep a note of this score - this is your starting point. This is your EQUILIBRIUM score.
5. Don't judge, just capture the data

# Day 2: AUTOPILOT DAY

**Track what you eat and drink today**

MORNING	
AFTERNOON	
EVENING	

1. For one day, capture everything you eat and drink
2. This is to bring mindfulness into your life
3. Don't judge, just capture the data

# Day 3: CONCENTRATION DAY

**Read, uninterrupted, for 15 minutes**

1. Choose a book or magazine
2. Turn off all notifications on your phone, and move away from your desktop or laptop
3. Set a 15-minute timer and read uninterrupted until the timer goes off
4. At the end of the 15-mins, make some notes on how it felt to be completely offline and immersed for 15-minutes. Was it easy? Did it feel like a relief to unplug? Did you feel really jittery, thinking that you must be missing something?
5. Don't judge, just capture the data

My observations:



# Day 4: ATTENTION DAY

## 5 Things That Happened Yesterday or Today That You're Grateful For

WHAT GRATEFUL FOR	THE DETAILS
1.	
2.	
3.	
4.	
5.	

1. Find a quiet place and get still
2. Breathe deeply
3. Remember and appreciate the 5 things
4. Feel the appreciation in your body

# Day 5: SENSATIONS DAY

**What sensations are you  
feeling in your body right now?**

LIST SENSATIONS BELOW:


1. Find a quiet place and get still
2. Breathe deeply
3. Listen to your body and mentally note the sensations that it is feeling
4. Examples are: butterflies in stomach, localised pain or tenseness, vibrations in a particular body part, an itch, warmth or coolness in a certain area, etc.

# Day 6: THOUGHTS DAY

**Take control of the first 30 minutes of the day**

THE 3 E's	WHAT DID & HOW FELT
<b>EXERCISE</b> Move your body for 10 mins	
<b>EXHALE</b> 4-7-8 breathing for 1 minute	
<b>EXPECTATIONS</b> What are you looking forward to today?	

Tomorrow morning, do the 3 E's:

1. Exercise – choose something you enjoy doing
2. Exhale - breathe in for a count of 4, hold for 7, out for 8
3. Expectations – set your intentions for the day



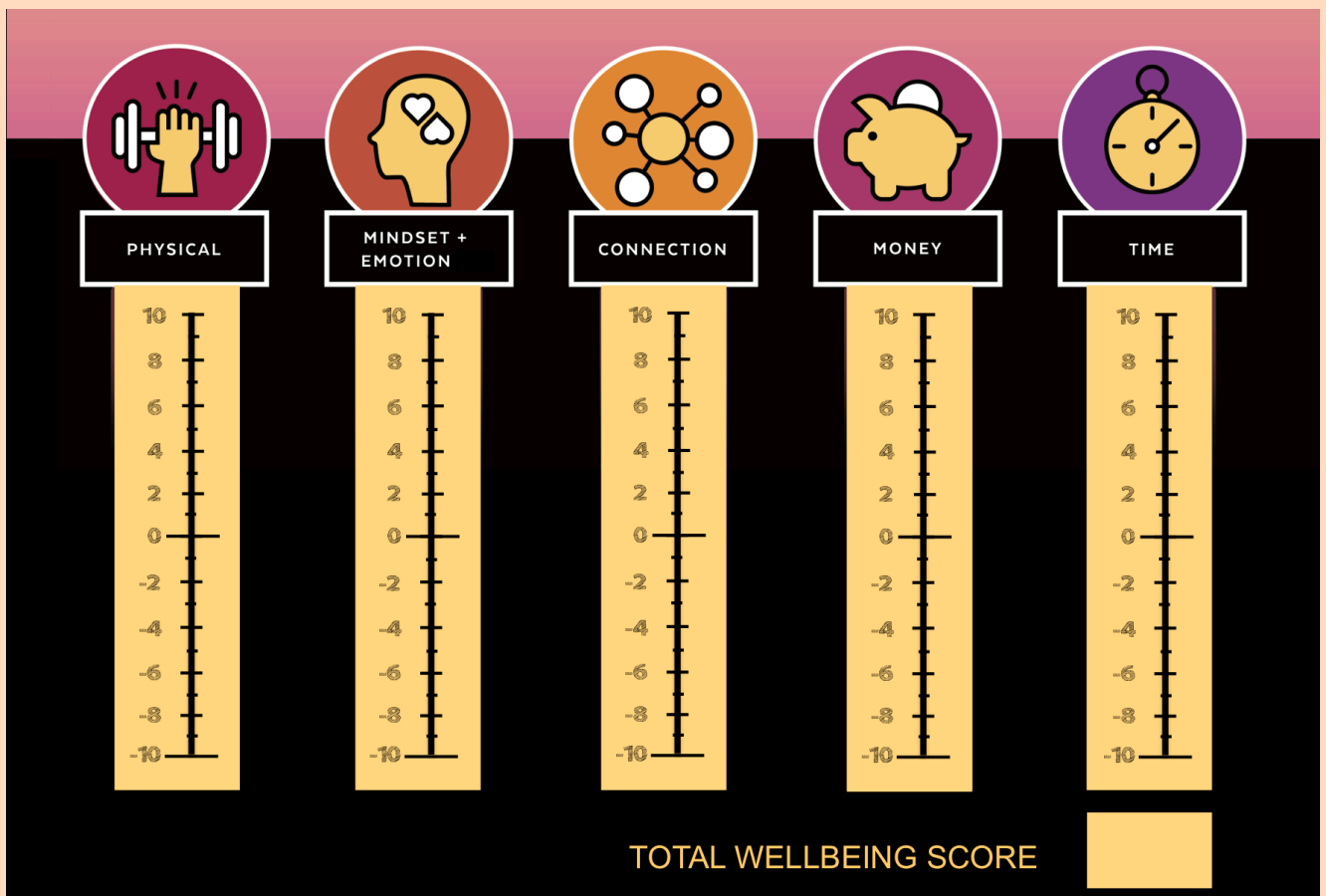
# Day 7: EMOTIONS DAY

**How are you feeling right now?**


1. Write down exactly how you are feeling right now
2. For example, are you feeling happy, sad, frustrated, bored, jealous, angry, afraid, excited, peaceful, proud, stressed, anxious, etc.? Also, how intensely are you feeling each one?
3. Capture in free-flow style
4. Try to identify what is causing those feelings
5. Don't judge – just capture the data

# Day 8: INTEGRATION DAY

## Where are you now? Your EQUILIBRIUM Score



1. Mark where you are on each pillar from -5 to +5
2. Connect the dots
3. Add your scores together
4. Compare today's EQUILIBRIUM score to the one you calculated on Day 1. Was there any improvement? If so, what changed?
5. Calculate your score regularly, to check in with yourself and see where you are out of EQUILIBRIUM

# KEY TAKEOUTS & LEARNINGS

**What did you learn from the Challenge? What new habits will you adopt for the future?**


**“It’s not what you do once in a while. It’s what you do day in and day out that makes the difference” – Jenny Craig**





Well done and congratulations  
for completing your  
7-Day Mindset Challenge!