

# THE M2 MOMENTS "Anti-Challenge"

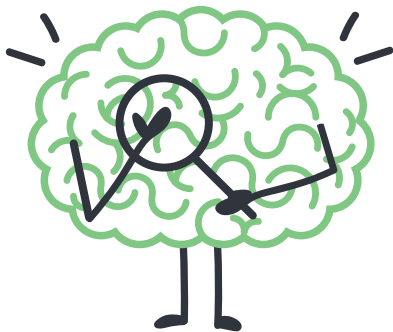
Just notice what you notice.

Create intention and awareness around a couple daily moments.

Twice each day, make a point to bring your mind into the present moment, and notice you are doing it.

- ✓ 2 moments
- ✓ each day
- ✓ for 10 days

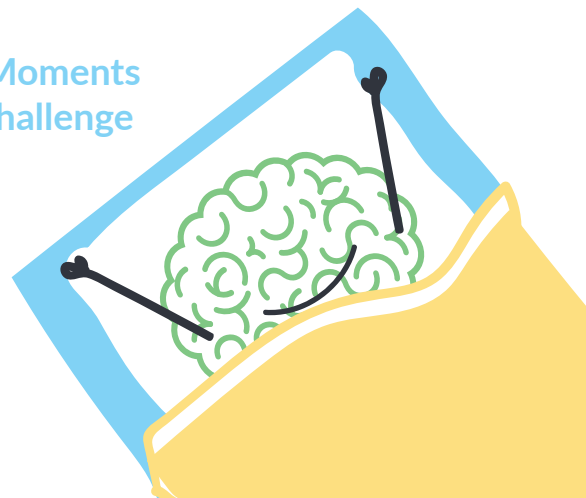
Let's do this.



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## M2 2 Moments Anti-Challenge

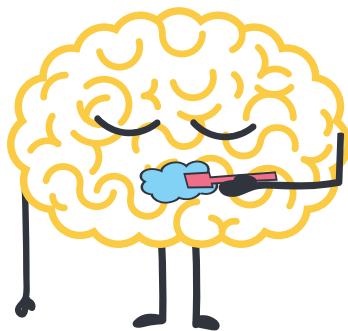


- When you wake in the morning, take 2 minutes to think about how you want your day to be. Identify how you want to feel. Keep that in mind as you go through your day.
- Notice the urge to check your phone at a stoplight or while you wait in line. Decide to observe your surroundings instead: who or what is around you? What colors or textures do you see?

What did you notice?

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## M2 2 Moments Anti-Challenge



- Brush your teeth with your non-dominant hand. What does that feel like?
- Observe your environment in an undirected way. For 2 minutes, let your eyes go where they want to go, and see what they want to see. Focus on just seeing, without thinking or interpreting what you see.

What did you notice?

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## M2 2 Moments Anti-Challenge

- Play a song you like and listen with undivided attention. Can you hear any instruments in particular? Changes in rhythm? Pick out any lyrics?

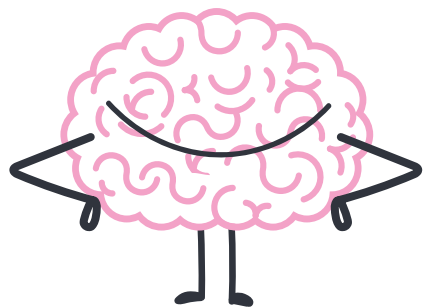


- When someone is telling you a story, notice when you want to interject. Instead of speaking right away, assess if it's necessary for you to say something, or if you can continue letting the person speak without interruption.

What did you notice?

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## M2 2 Moments Anti-Challenge



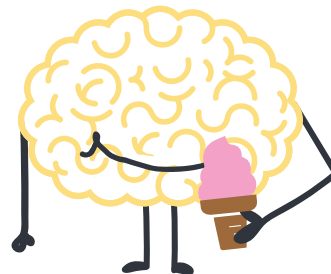
- Smile. For no reason. Keep smiling for a minute or so. Notice how your face feels when you smile. It might feel ridiculous. It might feel good. Repeat throughout the day.
- Give a gratuitous compliment. Choose a stranger or a loved one. Doesn't matter. Think of something you admire or appreciate and vocalize it. Notice how that makes you feel.

What did you notice?

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## M2 2 Moments Anti-Challenge

- Choose a treat- a piece of chocolate, a potato chip or whatever you really enjoy. Give eating your full attention, with all of your senses. Before you eat, look carefully and observe colors or textures. Then smell. When you eat, chew slowly and notice how it feels in your mouth. And, of course, enjoy the taste!



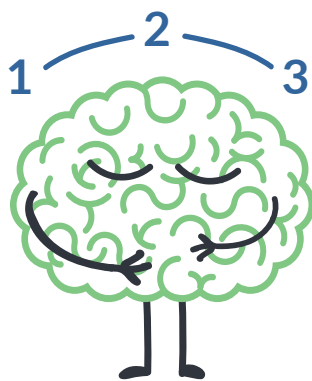
- During a moment of stress or reactivity, pause and notice the sensations in your body. Then take three deep breaths, long and slow on the inhale, and imagine letting it go on the exhale.

What did you notice?

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## M2 2 Moments Anti-Challenge

- Try a micro-pause. Close your eyes and take three deep breaths. Notice where in your body you feel your breath. When you open your eyes, tune into all your senses. What do you notice first? Sight? Sound? Smell? Touch?



- Make eye contact with passers-by when you're walking. We spend so much time staring down at our phones, we miss opportunities to connect, even briefly, with others.

What did you notice?

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## M2 2 Moments Anti-Challenge

- Focus on the sensations of the bottoms of your feet for 30 seconds. Do you feel the ground beneath evenly? Are there different temperatures or sensations?



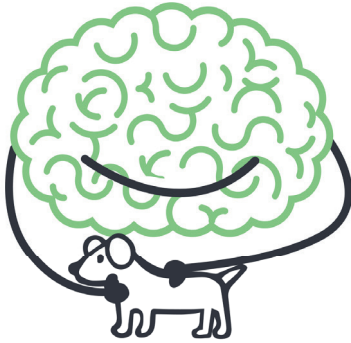
- Before you walk into a room or transition to a different space, pause at the threshold, take a breath and make a mental note of how or if the spaces differ.

What did you notice?

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## M2 2 Moments Anti-Challenge

- Touch something or someone with heightened awareness. What does it feel like? How does your body feel making contact?



- Tune into sounds around you. What do you hear?

What did you notice?

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## M2 2 Moments Anti-Challenge

- Notice the smells at meal time. Before you tuck into your food, take a few moments to take in aromas. Do the smells impact your experience?



- Study your hands. Consider the many things your hands can do. Relax them completely, and just let them rest for a minute.

What did you notice?

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## M2 2 Moments Anti-Challenge

- Seek out something to appreciate, right in this moment. And then investigate it just a little more deeply. Why are you grateful for it?



- Pause and notice your body temperature. Are you hot or cold?

What did you notice?

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You did it!



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