

LEARN HOW FOUNDATION

7-Day Mindfulness Starter Plan

Seven days. One small practice a day. A calmer mind.



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INTRODUCTION

Begin with ease

You don't need an hour, a special cushion, or a silent room to begin. Five minutes and a little willingness are enough.

Over the next seven days you'll try one short practice a day. Each is a slightly different way of paying attention. Some will feel natural right away. Others might feel a bit awkward at first, and that's fine.

Your mind will wander while you practice. Everyone's does. That isn't a sign you're bad at this. Noticing that your attention drifted and bringing it back is the actual skill you're building all week.

So keep it easy. Do what you can, skip a day if life gets in the way, and pick it back up the next. By the end of the week you'll have tried a few different kinds of calm, and you'll know which ones are yours.

DAY 1

Focus on the Breath

Start where every practice starts: with the breath.

Find a comfortable place to sit and set a timer for five minutes. Rest your attention on your breathing. Feel the air move in and out, and the soft rise and fall of your chest or belly. There's no need to control the breath or make it deeper. Just follow it as it is. Each time you notice your mind has wandered off, come back to the next breath.

TAKEAWAY

Your breath is always with you, which makes it a steady anchor you can return to anywhere. Everything else this week builds on it.

DAY 2

A Quick Body Check-In

A short way to land back in your body when your head is busy.

Sit and let yourself settle for a moment. Rest your attention on the top of your head, then slowly move it down through your body, all the way to your toes. Notice whatever is there without judging it. Where you find tightness, let it soften if it wants to. Two or three minutes is plenty.

TAKEAWAY

This one is quick and portable. Use it before a meeting, in a queue, or any moment you feel scattered and want to come back to yourself.

DAY 3

The Body Scan

Yesterday was a quick check-in. Today you go slow.

Take your time with a full, unhurried scan from head to toe. Start at your scalp and move your attention down through your face, neck, shoulders, arms, chest, back, legs, and feet. Rest on each area for a few breaths. Notice tension, warmth, coolness, or ease, without trying to fix or change any of it. You're just getting to know what's already there.

TAKEAWAY

Moving slowly trains your attention to stay put, and it gives your body a chance to settle. A lot of people find this the most relaxing practice of the week.

DAY 4

Mindful Listening

Same skill, a different anchor. Today you listen.

Sit comfortably and let your attention rest on the sounds around you, near and far. Don't sort them into good or bad, and don't get caught up in any single one. Let each sound arrive and fade on its own. When you notice you've started thinking instead of listening, come back to the sounds.

TAKEAWAY

On days when the breath feels boring or hard to find, sound is a gentle place to rest your attention. It also shows you how much is going on that you usually tune out.

DAY 5

Mindful Walking

Mindfulness isn't only for sitting still.

Walk slowly and on purpose, indoors or out. Feel each foot lift, move through the air, and meet the ground. Notice the rhythm of your steps and the small shifts of balance through your legs and body. There's nowhere you need to get to. When your attention drifts, bring it back to the next step.

TAKEAWAY

Bringing attention to movement is how this starts to travel with you into ordinary life, on the walk to work or across the kitchen, not just when you sit down for it.

DAY 6

Kindness

A warmer practice, pointed first at yourself.

Sit quietly and repeat a few simple wishes to yourself, silently: “May I be well. May I be at ease. May I be free from stress.” Take your time with each one. Then, when you're ready, send the same wishes outward: to someone you love, then to people you know, and out as far as feels natural.

TAKEAWAY

Attention practice can get a little dry on its own, and this brings some warmth to it. Being kinder to yourself also makes it easier to keep showing up tomorrow.

DAY 7

Watching Your Thoughts

The one the whole week has been quietly leading to.

Sit and turn your attention to your thoughts themselves. Watch them the way you'd watch clouds pass across the sky. A thought appears, you notice it, and you let it move along without following it or arguing with it. When you get pulled into a train of thought, that's fine. Notice you were pulled, and go back to watching.

TAKEAWAY

When you can watch a thought instead of being swept along by it, you get a small gap between what happens and how you react. That calm, non-reactive noticing is what deeper practice, such as Vipassana, grows from.

REFLECTION

Look back on your week

— Which day felt easiest?

— Which practice was the hardest?

— What did you notice about your thoughts?

— How did your body feel after each session?

— Which practice do you want to keep?

CLOSING

Well done

You gave a week of small, honest attention to your own mind. That's more than most people ever do, and it counts.

Sit for one more minute in a quiet spot. Notice that you showed up, most days, even when it was easier not to. Let yourself feel good about that.

Whatever this week gave you, however small, is yours to keep.

MOVING FORWARD

Keep going

Seven days is a start, not a finish. Keep the one or two practices that fit your life and let the rest go. A few quiet minutes a day, most days, does more over time than a long session you only manage once.

You're already on our list, so we'll send you a few short notes over the coming days to help you keep the habit going. And you'll be among the first to hear when our free meditation app is ready. It's being built to walk you from a single day of practice up to a longer course, at your own pace, whenever you feel like going further.

For now, just keep sitting. You already know how to begin.