

Mindfulness Challenge, Fall In Love

fall Mindfulness Ideas

WEEK #3

Snuggle with your love on a hayride

First date? show up with a pumpkin

Go to a sporting event together

Attend the nearest wine walk

Find a karaoke bar and sing a love song

Throw or attend a costume party

Sit next to each other at dinner

Dance like no ones watching

Shout it out "I'm in love"

Compliment another couple that shows affection

What feelings come up when you think about showing affection in public?

What are your favorite things about your love?

What do you feel the person you love needs from you? Do you accept them as they are?

Write down what experiences you noticed and feelings that came up during this challenge.