

10 Min/Day | Beginner | No Apps Needed

7-Day Mindfulness Starter Guide

From Zero to Daily Practice in 7 Days



By **GrabGuides**

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What Mindfulness Actually Is

Mindfulness isn't clearing your mind. It isn't 'being calm.' It's simply noticing what's happening right now - thoughts, sensations, feelings - without reacting to them. That's it. The skill is in the noticing, not the emptying.

[TRUTH] You're not doing it wrong

Your mind will wander. You'll get distracted. You'll think 'I can't do this.' Those moments aren't failure. The moment you NOTICE your mind wandered and come back IS the practice.

Day 1: Box Breathing (5 min)

Inhale 4 counts. Hold 4. Exhale 4. Hold 4. Repeat for 5 minutes. That's it.

Day 2: Body Scan (8 min)

Start at your toes. Notice sensations. Move up slowly - feet, calves, thighs, hips, belly, chest, arms, neck, face. Don't change anything. Just notice.

Day 3: Breath + Body (10 min)

3 min box breathing. 5 min body scan. 2 min sitting quietly, just breathing.

Day 4: Thought Observation (10 min)

Sit comfortably. Watch your thoughts come and go like clouds. Don't engage. If you catch yourself in a story, come back to breath.

Day 5: 5-4-3-2-1 Grounding (5 min)

Name 5 things you can see, 4 you can hear, 3 you can feel, 2 you can smell, 1 you can taste. Useful when anxious.

Day 6: Walking Meditation (15 min)

Walk slowly - half your normal pace. Feel each foot press down. Notice the air, temperature, sounds. No phone, no podcast.

Day 7: Your Choice (10-15 min)

Pick whichever practice from this week felt best. Do it for 10-15 minutes. This is your daily practice going forward.

Daily Mindfulness Tracker

Day	Practice	Time	Done?
1	Box breathing	5 min	<input type="checkbox"/>
2	Body scan	8 min	<input type="checkbox"/>
3	Breath + body	10 min	<input type="checkbox"/>
4	Thought observation	10 min	<input type="checkbox"/>
5	5-4-3-2-1	5 min	<input type="checkbox"/>
6	Walking meditation	15 min	<input type="checkbox"/>
7	Your choice	10-15 min	<input type="checkbox"/>

Ready for the complete system?

This free guide is a starting point.

The paid guide gives you the complete step-by-step system.

Anxiety Relief Workbook - \$18

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