

THE HOLISTIC CARE · FREE GUIDE

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# 7-Day Mindfulness Starter Kit

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A simple day-by-day guide to your first week  
of mindfulness practice

INCLUDES · 7 DAILY PRACTICES · REFLECTION PROMPTS · SCIENCE NOTES

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# Welcome

You have taken a meaningful step. In the next 7 days, you will spend a few minutes each day resting in awareness — not trying to fix anything, not pushing anything away, just noticing. That simple act, practised with consistency, changes everything.

This guide is inspired by the practices developed at Oxford Mindfulness, the Free Mindfulness Project, and the .b school curriculum used in classrooms across 40 countries. It distills their evidence-based approaches into a simple, accessible 7-day structure.

## HOW TO USE THIS GUIDE

- 01 One day at a time. Do not skip ahead — each day builds on the last.
- 02 Same time, same place. Consistency signals to your brain that this matters.
- 03 Write your reflections. The act of writing deepens insight significantly.
- 04 Imperfect practice beats perfect intention. Even 5 minutes counts.

## YOUR WEEK AT A GLANCE

1	2	3	4	5	6	7
Arriving	The Body	Thoughts	Kindness	Senses	Movement	Integration

# 1

## Arriving Here

10 min

The practice of noticing

### TODAY'S PRACTICE

### 3-Minute Breathing Space

#### STEP-BY-STEP

5 steps · 10 min

- 1 Find a comfortable seated position. Close your eyes or soften your gaze.
- 2 Ask yourself: What is happening right now — in my body, feelings, and thoughts?
- 3 Narrow your attention to the physical sensation of breathing. Feel the breath arrive and leave.
- 4 Expand your awareness outward to your whole body, then gently to the room around you.
- 5 Open your eyes. You have just completed your first practice.

#### REFLECTION · WRITE YOUR ANSWERS BELOW

1 *What did you notice that you usually miss?*

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2 *Where in your body do you feel the breath most clearly?*

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3 *What is one thing you are grateful for right now?*

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# 2

## The Body Speaks

12 min

Listening from the inside out

### TODAY'S PRACTICE

#### Body Scan

##### STEP-BY-STEP

6 steps · 12 min

- 1 Lie down or sit comfortably. Take three slow breaths to settle.
- 2 Begin at the top of your head. Simply notice — no need to change anything.
- 3 Slowly travel down: forehead, jaw, neck, shoulders, chest, belly, hands.
- 4 Continue through the hips, thighs, knees, calves, feet, and toes.
- 5 Rest in awareness of your whole body for two minutes.
- 6 Gently wiggle your fingers and return to the room.

##### REFLECTION · WRITE YOUR ANSWERS BELOW

1 *Where did you notice tension you hadn't been aware of?*

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2 *Did any part of your body feel particularly at ease?*

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3 *What is your body trying to tell you today?*

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# 3

## Thoughts Are Not Facts

12 min

Watching the weather of the mind

### TODAY'S PRACTICE

#### Sitting Meditation with Thought Observation

##### STEP-BY-STEP

6 steps · 12 min

- 1 Sit comfortably. Settle with 5 slow, deliberate breaths.
- 2 Rest attention on the breath as your anchor.
- 3 When a thought arises, simply name it: "thinking." Do not follow it.
- 4 Imagine each thought as a cloud passing across a clear sky. You are the sky.
- 5 When the mind wanders, gently — without frustration — return to the breath.
- 6 Continue for 10 minutes. End by taking three deep, intentional breaths.

##### REFLECTION · WRITE YOUR ANSWERS BELOW

1 *What types of thoughts arose most often? (planning, worrying, remembering?)*

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2 *How did it feel to simply observe rather than react?*

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3 *What is one thought pattern you'd like to hold more lightly?*

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# 4

## Kindness Begins Within

15 min

The practice of self-compassion

### TODAY'S PRACTICE

## Loving-Kindness Meditation

### STEP-BY-STEP

6 steps · 15 min

- 1 Sit quietly. Place one hand on your heart and feel its warmth.
- 2 Bring to mind someone you love easily — a child, a dear friend, a pet.
- 3 Silently offer them: "May you be well. May you be happy. May you be at peace."
- 4 Now turn this same kindness toward yourself: "May I be well. May I be happy. May I be at peace."
- 5 Expand to all beings — your neighbourhood, your country, the whole world.
- 6 Rest in the warmth for a final minute before gently opening your eyes.

### REFLECTION · WRITE YOUR ANSWERS BELOW

- 1 *Was it easier to feel kindness for others or for yourself?*  
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- 2 *What would change if you spoke to yourself the way you speak to someone you love?*  
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- 3 *Write one kind sentence to yourself today.*  
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# 5

## Senses Fully Open

Returning to the richness of now

10 min

### TODAY'S PRACTICE

#### Mindful Sensory Walk

##### STEP-BY-STEP

7 steps · 10 min

- 1 Step outside or simply walk slowly around your home.
- 2 **SIGHT:** Name 5 things you can see — colours, shapes, light, shadow.
- 3 **SOUND:** Pause and identify 4 distinct sounds, near and far.
- 4 **TOUCH:** Feel 3 textures — the ground beneath your feet, the air, a surface.
- 5 **SMELL:** Notice 2 scents, however subtle.
- 6 **TASTE:** Become aware of 1 taste present in your mouth.
- 7 Return and sit quietly for 2 minutes, resting in openness.

##### REFLECTION · WRITE YOUR ANSWERS BELOW

1 *What did you notice that you normally walk past without seeing?*

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2 *Which sense felt most alive today?*

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3 *How does being fully present in the senses affect your mood?*

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# 6

## Moving in Stillness

15 min

Mindful movement and presence

### TODAY'S PRACTICE

## Mindful Stretching / Gentle Yoga

### STEP-BY-STEP

7 steps · 15 min

- 1 Stand barefoot if possible. Feel the ground beneath you.
- 2 Slowly raise your arms overhead — feel every muscle engage.
- 3 Gentle neck rolls: three each direction, moving as slowly as possible.
- 4 Cat-Cow stretch (on hands and knees) — coordinate each movement with breath.
- 5 Child's pose for 2 minutes: forehead on floor, arms extended, breathing into the belly.
- 6 Seated forward fold: reach toward your feet, breathe into your lower back.
- 7 Lie in Savasana (flat on your back) for 3 minutes. Simply be.

### REFLECTION · WRITE YOUR ANSWERS BELOW

1 *Where does your body hold the most tightness?*

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2 *Did you notice the difference between forcing and allowing in the stretches?*

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3 *How does mindful movement differ from your usual exercise?*

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# 7

## The Practice Is Your Life

20 min

Integration and going forward

### TODAY'S PRACTICE

## Open Awareness + Your Commitment

### STEP-BY-STEP

7 steps · 20 min

- 1 Sit in your best meditation posture. Settle fully.
- 2 Allow awareness to be spacious — open to sounds, sensations, thoughts, without preference.
- 3 Spend 5 minutes in pure observation: nothing to fix, nothing to achieve.
- 4 Bring to mind each of the past 7 days. What has shifted?
- 5 Ask yourself: Which practice felt most alive for me?
- 6 Make one commitment for the next 7 days — even 5 minutes daily.
- 7 Close with three deep breaths and a smile. You have done something remarkable.

### REFLECTION · WRITE YOUR ANSWERS BELOW

1 *What has been the most significant shift in these 7 days?*

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2 *What is the one thing you will carry forward?*

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3 *Write a letter to yourself to read again in 30 days.*

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# You have completed 7 Days of Mindfulness

This is not the end — it is the beginning of a relationship with your own awareness. Research consistently shows that the benefits of mindfulness compound over time. What you've built in 7 days becomes the foundation for a lifetime of greater clarity, kindness, and presence.

READY TO GO DEEPER?

*The I AM Programme — Adult Mindfulness & Nonduality*

Explore at [theholisticcare.com](https://theholisticcare.com)

## WHAT'S NEXT

### Deepen your practice

Join a live online course at [theholisticcare.com](https://theholisticcare.com)

### Explore for children

The Listening River course for ages 4–7

### For teens

I Am: The Heart of Being — our programme for ages 13–18

### Read the blog

240+ articles on mindfulness, yoga, and nonduality

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