Mindful Minutes Challenge

How it works:

1. Within the Calm app, you’ll find meditations for focus, anxiety, sleep, and more. Collect ‘Mindful Minutes’ the more sessions you complete.

2. Your goal is to complete 100 Mindful Minutes over the next two weeks. That comes out to 10 Mindful Minutes per workday.

3. On the first and last days of the challenge, you’ll need to share your stats with the leader of the meditation challenge. This will allow them to see your Mindful Minutes over the two-week challenge.

   - In the Calm app, click ‘More,’ then select ‘Profile’ in the upper right-hand corner to view your ‘Mindful Minutes’ in real-time. Select ‘Share your Stats’ and email them to the challenge leader or team.

Tip: Having a tough time fitting mindfulness into your workday? Try scheduling your Mindful Minutes into your calendar at the same time, each day.

A consistent practice helps form healthy habits.