

# Top of Mindfulness Challenge

Registration opens: Monday, August 3  
Challenge begins: Monday, August 17

***Mindfulness is about slowing down, stopping and being still. Learn about mindfulness and how to practice it every day. Set your personal goal, restore composure to your life—and earn wellness dollars!***

**You can earn \$20 wellness dollars for tracking all weeks of the challenge and another \$30 wellness dollars for reaching 100% of your challenge goal.**

**Be sure to check out the Programs page for a variety of resources available to help you in reaching your challenge goal, including Whil, journaling and lifestyle coaching (for accountability).**

## To register:

- Visit your wellness website
- Select “Challenges” from the top menu options
- Click on the Top of Mindfulness Challenge
- Set your personal goal that you will work to achieve throughout the challenge

*Registration begins Monday, August 3, and is open until the challenge ends on Sunday, September 13.*

*See Top of Mindfulness Challenge FAQ found on the well-being pages on InsideCHI for more information regarding incentive requirements.*

## Questions?

Visit your [wellness website](#).



*well-being*



 **Catholic Health  
Initiatives**

*Imagine better health.®*

# Top of Mindfulness Challenge

## Frequently Asked Questions

### How does this challenge work?

When you sign up, you'll first be asked about your current mindfulness habits. This will give you a good baseline from which to create a meaningful challenge goal. You'll then be asked to set a weekly goal for the number of mindfulness minutes you want to accomplish during the challenge. Once the challenge begins, track any mindfulness activities you do. Check in daily to see how you are progressing toward your goal!

### Is this an individual or team challenge?

This is an individual challenge—the amount of mindfulness minutes needed to complete the challenge is based on the personal goal you set for yourself. You are not competing against coworkers. Others may set shorter or longer goals for the challenge.

### Is there a minimum or maximum amount of goal minutes I can set?

Your goal should be between 60 and 840 minutes weekly.

### What activities count toward the challenge?

There are so many different ways to incorporate mindfulness into your life! Anything from yoga, meditation and breathing exercises to hiking, journaling, coloring, Whil courses, lifestyle coaching and more can be counted toward your challenge goal. Visit the challenge page for more ideas and mindfulness resources!

### How do I track my mindfulness minutes?

Any Whil courses you complete will sync automatically! For other types of mindfulness activities, upload your minutes manually to the challenge page. Try entering daily—it's more fun! The last chance to upload your mindfulness minutes is Friday, September 18 at 11:59 p.m. local time. Minutes entered after this time won't be counted in the final results.



*well-being*



 **Catholic Health  
Initiatives**

*Imagine better health.®*