

B R E A T H E . L E T G O !

2 WEEK

M I N D F U L N E S S

M E D I T A T I O N

CHALLENGE

@ B I A N C A . S H E E D Y

contents

03

I N T R O

04

C H A L L E N G E
T E M P L A T E

05

G R A T I T U D E
C H E C K I N

07

R E S O U R C E S

08

A B O U T B I A N C A

“ L O V E O F T H E
S E L F I S T O
R E A C H O U T A N D
T A K E O U R O W N
H A N D . ”

— S A R A H
B L O N D I N

Hello beautiful soul,

Thank you for downloading this e-book! You have taken the first step towards establishing a new daily mindfulness meditation routine that will support your wellbeing and mental health!

The reason I created this challenge is because I know from first hand experience how difficult it may seem to fit in a daily meditation, especially when you are tackling endless to do lists, tight schedules and feel like there is zero time left in the day! My intention to help guide you back to your mind, body and soul in order to remind you that there is always a part of you that is still amongst the chaos.

This booklet is here for you to check in with yourself each day for the next 2 weeks by ticking off your daily meditation challenge template as well as practicing mindfulness by writing in your daily gratitude prompts.

Want to win a prize?

There are three amazing prizes up for grabs!

1st Prize: 1 x Naturopath consult with me valued at \$160 (Either Online or Face to Face).

2nd Prize: 1 x Reiki Consult with me valued at \$115 (Face to Face only).

3rd Prize: 1 x Bottle of Probiotic Foods for Women courtesy of Probiotic Foods.

Steps for entering the Competition:

1. Follow both accounts @bianca.sheedy & @probioticfoods
2. Tag me in your progress stories/posts on Instagram @bianca.sheedy and use the hashtag #biancasheedymeditationchallenge
3. Sign up to my newsletter via www.biancasheedy.com

Enjoy The Journey
xxx
Bianca Sheedy



Mindfulness Meditation Challenge

1 Meditate for
1min

2 Meditate for
2mins

3 Meditate for
2mins

4 Meditate for
2mins

5 Meditate for
5mins

6 Meditate for
5mins

7 Meditate for
5mins

8 Meditate for
5mins

9 Meditate for
10mins

10 Meditate for
10 mins

11 Meditate for
10 mins

12 Meditate for
15 mins

13 Meditate for
15 mins

14 Meditate for
20 mins

**YAY! ALL
DONE!**

YOU ARE AMAZING!

DAILY GRATITUDE CHECK-IN

Write down each day 3 things that you are grateful for!

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Week 1 is
all done!

CELEBRATE BY SPENDING SOME
TIME IN NATURE!



DAILY GRATITUDE CHECK-IN

Write down each day 3 things that you are grateful for!

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Week 2 is
all done!

I AM GRATEFUL FOR YOU & YOUR
COMMITMENT TO YOUR
WELLBEING!

Resources

Page

Apps:

- INSIGHT TIMER
- SMILING MIND
- CALM
- BLOOM

Ted Talks:

- ALL IT TAKES IS 10 MINDFUL MINUTES: ANDY PUDDICOMBE'S TED TALK
- THE ART OF STILLNESS: PICO IYER'S TED TALK
- A SIMPLE WAY TO BREAK A BAD HABIT: JUDSON BREWER'S TED TALK
- LIVING WITH INTENT: MALLIKA CHOPRA'S TED TALK

Books:

- MINDFULNESS IN PLAIN ENGLISH BY BHANTE GUNARATANA
- FULL CATASTROPHE LIVING BY DR JOHN KABAT-ZINN
- THE POWER OF NOW BY ECKHART TOLLE
- THE UNIVERSE HAS YOUR BACK BY GABRIELLE BERNSTEIN
- THE UNTETHERED SOUL: THE JOURNEY BEYOND YOURSELF BY MICHAEL ALAN SINGER

Some Of My Favourite Guided Meditations:

- MEDITATION TO UPLIFT YOUR HEART BY SARAH BLONDIN
- THE RAIN OF SELF COMPASSION BY TARA BRACH
- MEDITATION FOR MANIFESTING - DAILY GUIDED MEDITATION BY DEEPAK CHOPRA
- LIVE AWAKE- LEARNING TO SURRENDER BY SARAH BLONDIN
- BODY SCAN MEDITATION BY JON KABAT-ZINN
- LIGHT BATH MEDITATION FROM PROBIOTICFOODS.COM.AU
- SOOTHE MEDITATION FROM PROBIOTICFOODS.COM.AU
- MINDFULNESS OF THOUGHTS MEDITATION FROM PROBIOTICFOODS.COM.AU



About Bianca

Bianca Sheedy is a Naturopath practicing at Bondi Health and Wellness with a special interest in plant based medicine, plant based nutrition, anxiety, hormonal imbalances, and gut health. She is also a yoga teacher, meditation teacher and reiki practitioner, having years of experience delivering health and wellness talks in corporate settings for Complete Corporate Wellness.

Bianca is a giant nerd when it comes to nature, animals, books, organisation hacks on youtube videos (guilty pleasure), and mixing herbal medicine formulas or as her father calls it "potions"! Her empathic nature drives her mission to empower women to restore balance, happiness and joy in their lives by reclaiming back their health to experience lasting changes.

For more information please visit www.biancasheedy.com