



30-day

SLOW DOWN CHILDHOOD CHALLENGE

Welcome to the **30-Day Slow Down Childhood Challenge**. I am so excited to walk in this season of slowness together! Before diving in, review the items below to help lay the groundwork for the next 30 days:

- ☐ Take the word “Challenge” lightly. Think of this more as an invitation to connect to a pace and way of being that nourishes you and your family. Do what you can, when you can. Change what you need. **This is YOUR family’s own unique experience!**
- ☐ Get a journal dedicated to writing your observations, thoughts, and progress throughout the Challenge.
- ☐ Take 5 minutes to reflect and journal on what you would like to achieve by joining the Challenge.
- ☐ Share with your family that you have joined the Challenge and what inspired you to join. All of these prompts are focused on families with children in mind, but can also be done individually.
- ☐ Define a space where you can feature the Challenge for the next 30 days. Feel free to add any candles, quotes, or decorations – anything that inspires you to slow down!
- ☐ The holiday season can be incredibly stressful. If it gets overwhelming in any way, come back to your breath and remember to reroot to how YOU want to walk in this season of life.

“Take it slow and give your soul a chance
to catch up with your body.” - John O'Donohue

Don't forget to print out:



[The Slow Down Childhood Calendar](#)



[Zip's Adventure Story](#)



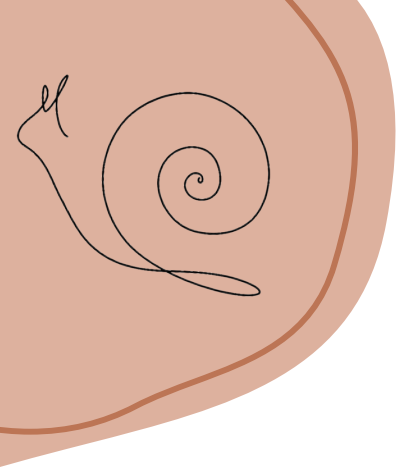
[Download the Challenge Artwork](#)



[& Join the Slow Down Childhood Challenge
Facebook Group for posts & extras
every day of the Challenge!](#)

Zip





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When shame or frustration rise, remember the golden rules of this challenge:

-  There is no perfect way to do this Challenge. Make it your own.
-  If you need to switch activities around to a different day, that's ok!
-  Feel free to create your own unique twist on any of the days.
-  If you miss a day, don't lose heart. Just jump back in how and when you can.
-  More than WHAT we do during this challenge is HOW we do it. The real practice is bringing a sense of presence and intention to our lives. You deserve all the abundance, attunement and connection that comes with bringing yourself to the moment as much as possible.

Invite friends to join in the slowing down. Having a supportive community is key to successfully forming new habits and making these shifts. You can invite them **HERE**.

