



RARE SENSE Challenge

This is a twenty-day challenge designed to help you build better mind-body patterns. It's been said that it takes three weeks to develop any new habit. In my experience, it can take much longer. But this will at least get you going in the right direction of maintaining a mind fitness routine as part of your daily regimen. However, what you do on day twenty-one and afterward is up to you.

To complete the challenge, you must perform each of the following for at least twenty minutes a day, twenty days in a row. Break up the activities however you like. For example, you can meditate for ten minutes in the morning and ten minutes in the evening to get in your twenty minutes daily. Additional time on any activity is also acceptable.

- **Breathwork.** Suggested exercises can be found [here](#). Experiment with different ones to find out what works best for you.
- **Meditation.** There are many guided meditation apps out there. If you don't have one, try [Waking Up](#) or [Headspace](#).
- **Journaling.** It does not need to be pretty. Just write down whatever comes to mind and realize you don't have to identify with any of it.
- **Reading.** During the challenge, complete [any book](#) about consciousness, philosophy, how we think, or another similar topic.
- **Problem-Solving.** Puzzles, crosswords, Sudoku, etc. Ideally, do something non-digital. [ThinkFun](#) has fantastic games you can try.
- **Skill Development.** It must involve your body: archery, a musical instrument, juggling, card tricks, woodworking, etc.
- **Physical Exercise.** Just move your body. Even a walk is acceptable. Two workouts a week must be yoga or [qi gong](#). Take a class or download an [app](#).
- **Getting Outside.** Preferably early in the morning. Watch the sunrise (don't look directly at the sun), even in the rain, without sunglasses. This can be combined with any previous activities, e.g., meditating outside.

In addition, while this isn't a nutrition or physical challenge, maintaining our bodies (including our brain) is critical to overall mind fitness. So do your best to follow these additional guidelines:

- **Eight hours of sleep a night.** In bed with no distractions. Turn off your WIFI and put your phone in another room in airplane mode.
- **Eat and drink well.** The more you restrict or eliminate alcohol, caffeine, sugar, etc., the better. The bottom line is just don't ingest a bunch of crap.

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EXAMPLE DAILY ROUTINE

This is based on what works for me. But modify however you like to suit your schedule.

5:15 AM	Wake up and take 1-2 minutes to notice what you are thinking
5:30 AM	10 minutes of journaling, including statements of gratitude and intent
5:40 AM	5 minutes of alternate nostril breathing
5:45 AM	10 minutes of meditation
5:55 AM	5 minutes of a digital game (Wordle)
6:15 AM	20+ minutes of exercise (at local gym)
8:30 AM	20-30 minutes of reading outside (watching sunrise)
12:00 PM	5 minutes of breathwork
12:05 PM	10 minutes of yoga nidra or NSDR
12:15 PM	15 minutes of Solitaire Chess
12:30 PM	10 minutes of journaling
6:00 PM	10 minutes of breathwork
6:05 PM	10 minutes of meditation
6:15 PM	20 minutes of skill development
9:15 PM	lights out in bed

DAILY CHECKLIST

- 8 hours in bed the previous night
- 20 minutes of breathwork
- 20 minutes of meditation
- 20 minutes of journaling
- 20 minutes of reading
- 20 minutes of problem-solving
- 20 minutes of skill development
- 20 minutes of physical exercise
- 20 minutes of being outside

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