

7-Day Mind-Body Wellness Challenge

Welcome to your 7-day journey to better health, balance, and well-being. This challenge is designed to help you reconnect with your body, mind, and spirit by combining nourishing meals, mindful practices, and gentle physical activity. Each day offers a simple task that supports your overall wellness and guides you toward a healthier, more vibrant life.

Miranda Duncan



Day 1: Start with Gratitude

Morning Task

Write down 3 things you're grateful for to start your day positively.

Mind-Body Benefit

Gratitude shifts focus to the positive, improving emotional well-being and outlook.

Spiritual Encouragement

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus." – 1 Thessalonians 5:18

Day 2: Nourish with a Low-Glycemic Breakfast

Starting your day with a low-glycemic breakfast sets the stage for balanced energy levels throughout the morning. This means choosing foods that are lower in sugar and higher in fiber, which helps prevent blood sugar spikes and crashes.

A great option is this peanut butter smoothie:

- 1 1/2 cups almond milk
- 2 tablespoons peanut butter
- 1 scoop plant based sugar-free protein powder
- 2 teaspoons of chia seeds
- 1 - 2 tablespoons Allulose
- Ice (optional)

Blend well and enjoy!

Remember, the goal is to create a breakfast that provides sustained energy without leaving you feeling sluggish or hungry.

"So whether you eat or drink or whatever you do, do it all for the glory of God." – 1 Corinthians 10:31."



Day 3: 10-Minute Mindful Walk

Mindful Walking

Take a 10-minute mindful walk outdoors. Focus on your breath and surroundings.

- Notice the feeling of your feet on the ground, and the movement of your body as you walk.
- Engage all your senses, observing colors, sounds, and smells.
- If your mind wanders, gently guide it back to your breath and surroundings.

"He gives strength to the weary and increases the power of the weak." – Isaiah 40:29

Mind-Body Benefits

This simple practice improves mental clarity and insulin sensitivity.

- Reduces stress and anxiety by calming the nervous system.
- Boosts creativity and focus by improving attention span.
- Promotes self-awareness by connecting you with your body and senses.

Day 4: Balanced Lunch

The Task

Prepare a lunch that balances lean proteins, healthy fats, and fiber-rich veggies. May I suggest one of the easy recipes from my new cook book on sale on my website. Mirraduncan.com

The Benefit

Balanced meals promote stable blood sugar, improving physical and mental energy levels.

Spiritual Nourishment

"My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body." – Proverbs 4:20-22



Crispy Air Fryer Roasted Chickpeas and Salmon Bites Salad



Easy Rosemary Chicken Salad

Day 5: Journaling for Emotional Release

Spend 10 minutes journaling or writing a letter to God about your current feelings or challenges. This practice helps process emotions and release mental tension.

"Cast all your anxiety on Him because He cares for you."

– 1 Peter 5:7



Day 6: Gentle Movement

Engage in 20 minutes of gentle movement like walking or stretching. This reduces stress and supports insulin sensitivity. Try doing this exercise first thing in the morning to boost your mood and energy for the day.

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own." – 1 Corinthians 6:19

Day 7: Reflection and Prayer

Reflect on your week. Spend 10 minutes in prayer or meditation, focusing on your intentions for continued wellness. Connecting with your spiritual side fosters mental peace and emotional resilience. Create a long-term wellness goal based on what you learned this week.

"I can do all this through Him who gives me strength." – Philippians 4:13



Challenge Completed!

Congratulations on completing the 7-Day Mind-Body Wellness Challenge! By focusing on nourishing meals, mindfulness, and movement, you've taken powerful steps toward holistic health. Continue to apply these practices, and watch how they transform your life.

If you enjoyed this challenge, take the next step in your wellness journey with one of my personalized coaching programs or sign up for my upcoming wellness courses. Together, we'll unlock your potential for long-lasting health and balance! mirraduncan.com

