



## 21 DAY MINDFULNESS QUEST

Start your mindfulness journey with  
Inner Explorer's 21 Day Mindfulness Quest



Greetings!

### MAKE YOUR SELF-CARE A PRIORITY

Wouldn't it be great to reduce your stress and enhance your sense of wellness in 21 days? Looking for an inviting way to support your students during these challenging times? Inner Explorer has created a 21-Day Quest to help you and your students practice daily mindfulness-based SEL.

### LOGIN → PRESS PLAY → PRACTICE MINDFULNESS

**Here's how it works:** login to your Inner Explorer account and click on the 21-Day Quest button in the left column, under the Navigation Dial. This will start your 21-Day Quest which includes:

- ✓ Daily email reminders to help you and your students stay motivated
- ✓ Free online printable calendar to record your progress
- ✓ Certificate of completion after successfully finishing the quest

**Get involved** with your school and community by sharing your progress with other teachers, students' families, on Facebook, and on Twitter. Rally all those around you and encourage them to start their 21-Day Quest today!

LOGIN NOW

