

1% of your day is only 14 minutes.

WHAT WILL YOU DO WITH IT?

Discover a new point of you  
with proven tools of transformation

Sign up for the eMindful 1% Challenge and commit 14 minutes of your day toward building powerful skills of mindfulness that have potential to help you achieve lasting positive change.

What you get when you give 1% of your time:



Clarity

DO IT FOR YOURSELF

Research has shown that mindfulness practice has been shown to help:

- REDUCE STRESS
- IMPROVE SLEEP
- INCREASE CLARITY & CALM
- DEVELOP WEIGHT BALANCE
- INCREASE AWARENESS
- MENTAL FITNESS
- BUILD HEALTHIER HABITS

Philanthropy

DO IT FOR OTHERS

Mindfulness can be generous. For every 25,000 minutes of mindfulness practiced, eMindful will donate \$1000 to the charity team of your choice.

Victory

DO IT FOR REWARDS

Each day you participate in the 30-day challenge is a step toward earning rewards.\*

Rewards are awarded for completion of 10, 20, and 30 day increments of our program. Simply participate to be entered to win one of the many rewards below.

Sign up and discover what 1% of your day can do for you, and for charity.



10 DAYS

10 DAYS

20 DAYS

30 DAYS

30 DAYS

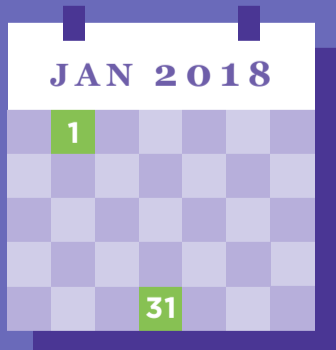
C.H.I.L. UV RAYS SENSING WRIST BAND\*

THE MINDFUL DAILY PRACTICE GUIDE VOL. 2\*

GIFT CARD FROM SPAFINDER\*

MISFIT RAY FITNESS TRACKER\*

PRIVATE 1 ON 1 MINDFULNESS SESSION\*



Getting started

- The eMindful 1% Challenge begins January 1, and you can sign up anytime through January 31
- Once you register, you will have 30 days in the Challenge where your Mindful Daily minutes (live classes, not recorded) will count toward the Challenge rewards.



\*Some rewards are only available on a limited first-earned-first-rewarded basis and may be substituted with prizes of equal value. Additional details, restrictions and eligibility and redemption limitations can be found in the Challenge Terms via the registration process.

