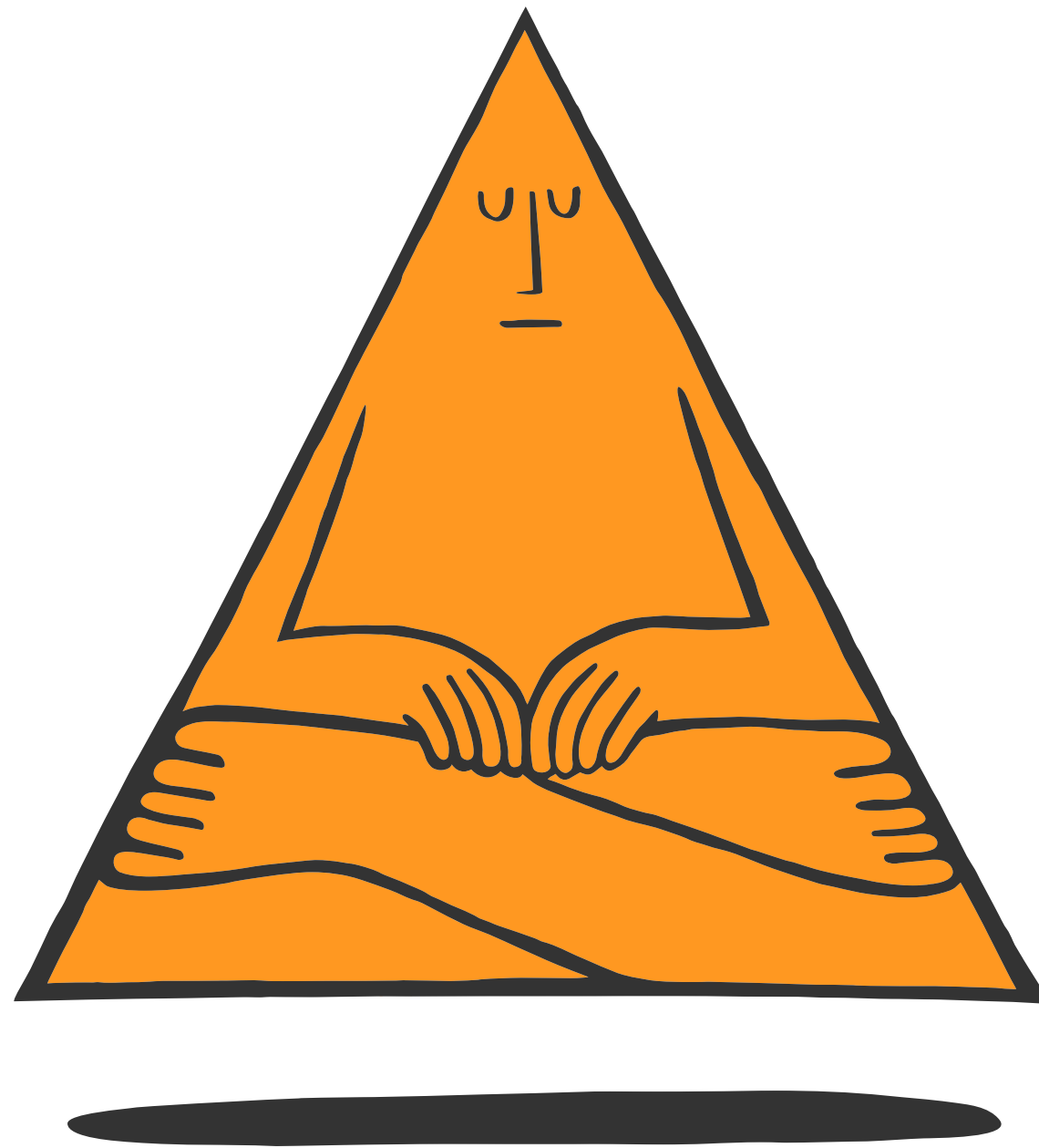


Orange Mindfulness Challenge



Try the orange challenge on your next lunch break. This super simple exercise reminds us of the power of mindfulness.

Here is poet and teacher Thich Nhat Hanh with instructions that read like poetry:

“PEEL THE ORANGE. SMELL THE FRUIT. SEE THE ORANGE BLOSSOMS IN THE ORANGE, AND THE RAIN AND THE SUN THAT HAVE GONE THROUGH THE ORANGE BLOSSOMS. THE ORANGE TREE THAT HAS TAKEN SEVERAL MONTHS TO BRING THIS WONDER TO YOU. PUT A SECTION IN YOUR MOUTH, CLOSE YOUR MOUTH MINDFULLY, AND WITH MINDFULNESS FEEL THE JUICE COMING OUT OF THE ORANGE. TASTE THE SWEETNESS.”

Find another moment to approach with wonder and curiosity and gratitude.

Notice if—and how—it changes the way you see the world.