

The 7-Day Mindfulness Journey



**A gentle way to calm your mind and reconnect
through creative puzzles.**

Find your calm. One day at a time.

Mindfulness Puzzle Series



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Overview: Your 7-Day Mindfulness Journey

Day	Mindfulness Technique	How It Works	Benefits	Puzzle Activity	Theme
1	Breathing 4-7-8	Inhale quietly through your nose for 4 seconds, hold for 7, then exhale slowly through your mouth for 8 seconds, calming your heart and nervous system.	Helps you feel calmer, reduce anxiety, and find emotional balance.	Word Search	<i>"Find Your Calm"</i> – calming words
2	Body Scan	Gently move your attention through each part of the body, noticing and releasing tension.	Helps you connect with your body, release tension, and feel more relaxed.	Word Scramble	<i>"Feel and Release"</i> – body sensations and emotions
3	Mindful Walking	Walk slowly and consciously, feeling each step and each breath as you move.	Boosts your mood, helps you feel grounded, and brings you fully into the present moment.	Cryptogram	<i>"Step Into the Present"</i> – uplifting phrases
4	Mindful Eating	Slow down and explore food with all your senses — noticing colors, textures, and flavors.	Encourages you to slow down, enjoy each bite, and feel more present and satisfied.	Mandala Coloring Page	<i>"Savor the Moment"</i> – coloring with mindful quote
5	Emotional Anchoring + Visualization	Imagine a safe, calm place in your mind and link it to a simple gesture or breath.	Helps you create a sense of inner safety, calm your mind, and focus more easily.	Maze Puzzle	<i>"Find Your Safe Place"</i> – creative inner journey
6	Gratitude Practice	At the end of the day, notice three good things and fully feel the gratitude they bring.	Increases feelings of joy, appreciation, and overall emotional well-being.	Sudoku Puzzle	<i>"Simple Joys"</i>
7	Heart Meditation (Compassion)	Silently send kindness and warmth to yourself and others, opening your heart to compassion.	Strengthens self-love, kindness toward others, and emotional resilience.	Bonus Puzzle Pack	<i>"You Are Enough"</i>

**Remember: Move through each day at your own pace. This is your journey — 3
enjoy every small step.**

7 Days to Calm Your Mind

Introduction

Welcome to your 7-day mindfulness journey — a creative pause to transform stress into calm, one simple moment at a time.

Each day invites you to slow down, reconnect with your body and mind, and gently discover your inner calm. You'll explore easy breathing techniques, gentle body awareness, gratitude, affirmations, and creative puzzles — all designed to support your well-being and bring joy to your day.

In just ≈20 min a day, you'll complete a simple mindfulness practice and a creative puzzle. This daily pause is short enough to fit into any schedule, yet powerful enough to bring real calm and clarity.

This journey isn't about doing it perfectly. It's about showing up for yourself with kindness, curiosity, and patience — exactly as you are.

Let these seven days be a true gift to yourself: a space to breathe, reflect, and rediscover the calm and strength already inside you.

Escape Publishing Presents

- ✓ 7 mindfulness techniques with science-backed guidance
- ✓ 7 creative puzzles to relax and reconnect
- ✓ 3 guided meditation videos (Days 1, 2, and 7)

Find your calm. Transform your mind. Enjoy every mindful puzzle.

Your Commitment to the Journey

I, _____, commit to this 7-day mindfulness journey as an act of kindness to myself.

I choose to slow down, breathe, and reconnect with my inner calm each day.

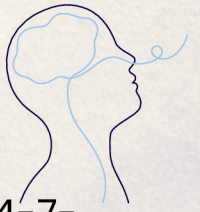
I will approach each practice with openness, compassion, and patience, honoring my own pace.

Signature:

Date:



Day 1 — Breathing 4-7-8



Introduction

Today, we return to something always with us — your breath. The 4-7-8 breathing technique is a powerful yet simple tool to calm your nervous system, quiet anxious thoughts, and create space for emotional balance. With just a few slow breaths, you can shift from tension to calm.

Instructions

1. Sit or lie down comfortably.
2. Take a few gentle, natural breaths.
3. Inhale quietly through your nose for 4 seconds.
4. Hold your breath for 7 seconds.
5. Exhale slowly through your mouth for 8 seconds, making a soft whooshing sound.
6. Repeat this cycle at least 4 times. If you feel comfortable, try up to 8 rounds.

Tip: If the counts feel too long, start with a shorter version like 4-4-4 and build up slowly. Go at your own pace — there's no rush.

Focus

Let each breath carry you deeper into stillness. Notice how your body responds — perhaps a softening in your shoulders, a slower heartbeat, or a clearer mind.

Reflection (optional)

- How do you feel now compared to before?
- Did any thoughts or emotions arise?

**Carry this sense of calm with you into the rest of your day.
Sometimes, just one mindful breath is enough to begin again.**

Scan the QR code below to access the guided videos and deepen your practice.



Day 1 — Word Search: "Find Your Calm" – calming words

W	V	Q	K	A	C	E	R	M	R	L	X	N	U
E	R	E	G	E	N	T	L	E	L	U	A	K	F
A	J	P	A	U	S	E	Y	V	Q	L	M	W	R
S	R	D	E	E	P	N	F	D	U	L	X	K	A
E	M	B	F	K	O	R	H	F	A	G	V	S	A
G	B	A	R	M	R	L	E	C	L	R	L	T	Y
X	M	L	R	E	W	C	A	S	R	O	M	I	H
H	Y	A	T	Z	A	A	W	P	E	U	W	L	W
I	H	N	L	E	Y	T	E	X	L	N	X	L	K
X	E	C	P	K	Z	L	H	H	A	D	C	N	M
C	R	E	L	E	A	S	E	E	X	E	Q	E	V
I	K	E	X	H	A	L	E	N	F	D	A	S	L
X	H	L	N	O	S	O	F	T	N	E	S	S	T
D	T	I	C	T	F	W	M	I	Q	A	M	Z	K

Breathe
Inhale
Exhale
Pause
Balance
Relax
Presence

Gentle
Softness
Flow
Stillness
Harmony
Release
Peaceful

Center
Grounded
Ease
Deep
Slow
Calm

Day 2 — Body Scan



Introduction

Today, we invite you to explore your body with kindness and curiosity. The Body Scan helps you notice tension and gently release it, leaving you feeling relaxed and more connected.

Instructions

Find a quiet place to sit or lie down comfortably.

Take a few natural breaths to settle in.

Bring your attention to your feet and slowly move upward through your body to your head.

Simply notice any sensations without judgment.

As you focus on each area, imagine sending warmth and softness, allowing tension to release naturally.

Reflection (optional)

- Which areas felt tense or relaxed?
- How do you feel overall now?

Feel the harmony and lightness within you.

Scan the QR code below to access the guided videos and deepen your practice.



Day 2 — Word Scramble:

"Feel and Release" – body sensations and emotions

TGNGIILN

TARWMH

COOSLENS

EHAVY

GSIHTELS

VIBOATIRN

SRHETCT

BUZGNZI

FTOLNIAG

HEATTEARB

RFLIEE

TOMFRCO

TRTSU

EAFSTY

EOPNNESS

SYEADT

RBAVE

EECURS

EHOLW

IRSLEIENT

SEFTON

LEMT

UNWNID

ETTSLE

DXPANE

SUREENDRR

DRFIT

OLOSEN

LTNTEIG

NNCLEUCH

WEARA

ATTUEND

ERBMACE

COTCENDEN

UEPPORTIVS

NERTEDEC

NLDGIEA

SDSAEFATT

ROOTDE

UNOGNDRIG

Day 3 — Mindful Walking



Introduction

Today, we invite you to transform a simple walk into a moment of calm and connection. Mindful Walking, helps reduce stress, improve mood, and increase awareness.

Instructions

Choose a safe and quiet place to walk (a park, your garden, or even inside your home).

Begin walking slowly, at a natural and comfortable pace.

Feel each foot as it touches the ground and lifts again.

Breathe naturally through your nose. Try to match your steps with your breath:

Inhale for 3 or 4 steps.

Exhale for 3 or 4 steps.

If you like, say silently to yourself: “Here” while inhaling, and “Now” while exhaling.

Pay attention to your body movements, the air on your skin, and the sounds around you.

If your mind drifts away, gently guide it back to your steps and breath without judgment.

Continue for about 10 minutes (or longer if you enjoy it).

Reflection (optional)

After your walk, take a moment to think:

- How did your body feel during the walk?
- What thoughts or feelings came up?
- What did you notice around you that you might have missed before?

Feel the lightness and calm you’ve created. You are fully here, fully now. Tomorrow brings a new chance to connect even deeper.



Day 3 — Cryptogram

"Step Into the Present" – uplifting phrases

Wa__in_ s_ow__ _a__ da_ ____s _o_ f___ d_____ a_iv_
KTIYRQJ DIVKIW NTPS UTW SNIOD WVL GNNI UNNOIW TIRHN

_ n__ure w_lk c_n cle_r __ur _u__ _in_
I MICLQV KIBH XIM XBVIQ NELQ WLON DPMG

__i__ w__ks b_ing st_____ c___ _n_ q_i_t inn__
WGKEP VGECB ZTKLQ BDOGWP FGES GLW AYKOD KLLOT
st__ngt_
BDTOLQDX

Wa_____ __ _ree_ s_aces ca_ re_ew e_er_y a__ br___
FDJWYAN YA NZRRA IHDQRI QDA ZRARF RARZNS DAV TZYAN
____ess
JYNGEARII

_ g__t__ dai__ _a_k h__ps __u_ __d_ ____as_ hidd__
X SAFBWA RXJWQ IXWP UAWKY QMTC EMRQ CAWAXYA UJRRAF
t__si__
BAFYJMF

S_e_ in__ _he __e_en_ _i_h _ _l__ mind__l __lk __d_y
FSUV JPSQ STU VCUFUPS XJST H FOQX NJPIWKO XHOE SQIHR

Day 4 — Mindful Eating



Introduction

Transform this simple act of eating into a moment of presence and self-care. Slow down, engage your senses, and discover new flavors, textures, and sensations in every bite.

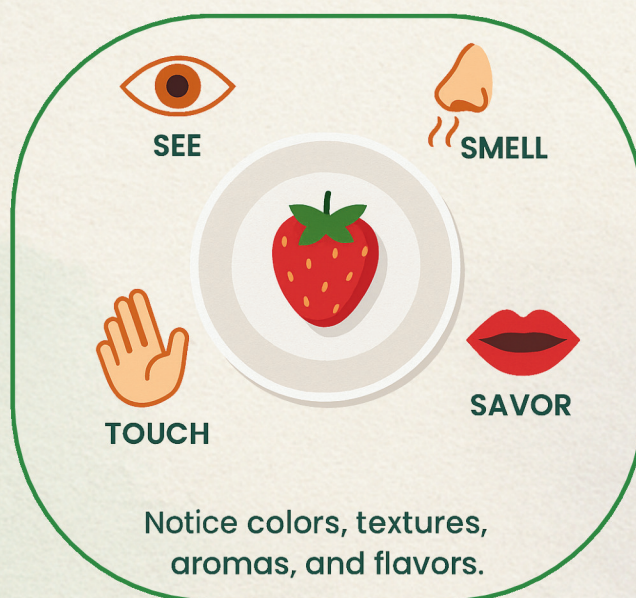
Instructions

Choose a small piece of food (like fruit, a nut, or a piece of chocolate). Take a few natural breaths to center yourself. Look at the food carefully — notice its color, shape, and small details. Smell it and observe any aromas. Place it in your mouth without chewing immediately. Feel its texture and first impressions. Begin to chew slowly, noticing each change in taste and texture. Swallow mindfully, sensing the aftertaste and how your body feels. Stay present and curious throughout the experience.

Reflection (optional)

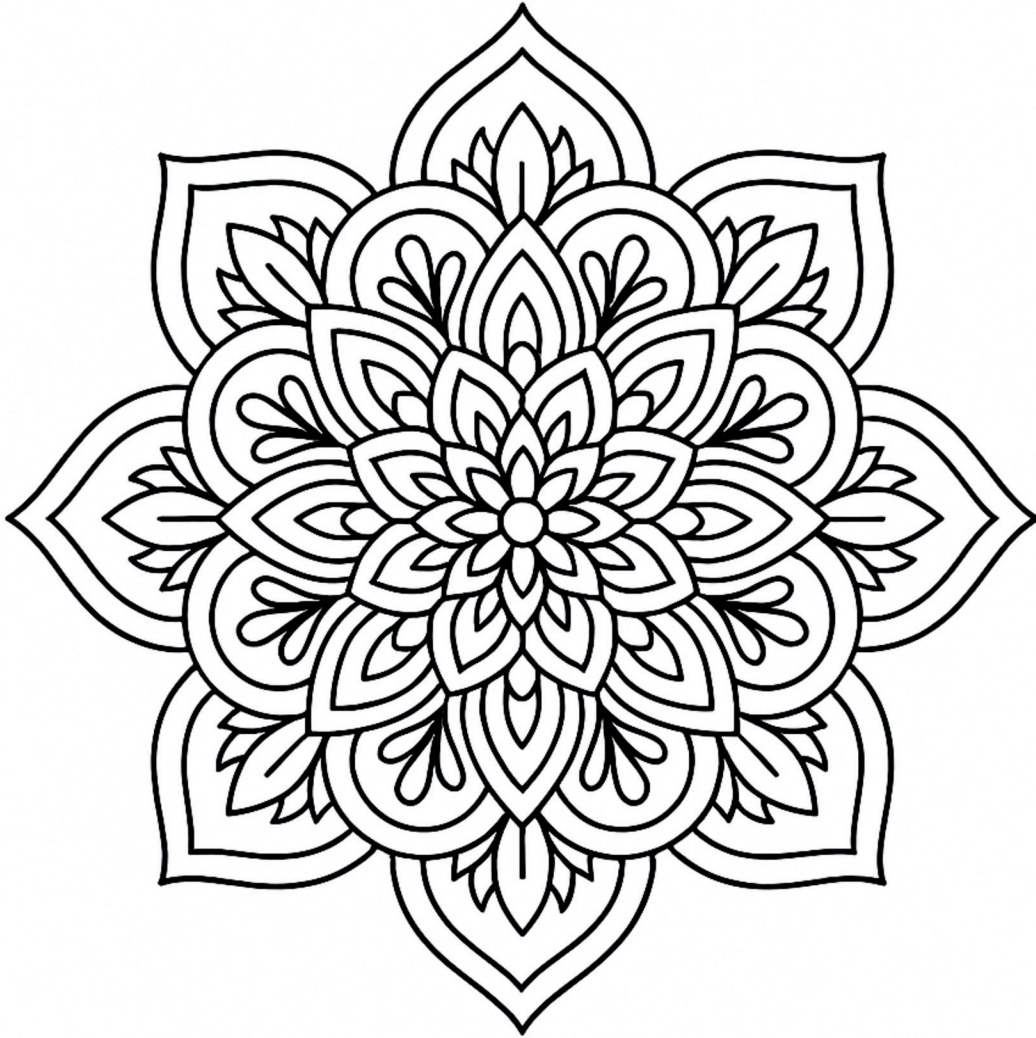
- What did you discover that felt new or surprising?
- How was this different from your usual way of eating?
- Did you feel more satisfied or connected?

Carry this mindful awareness into your meals today and beyond, turning each moment of eating into an act of self-care and calm.



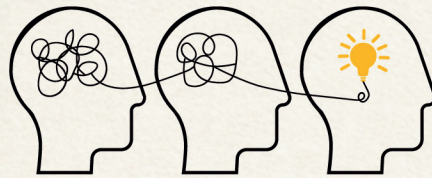
Day 4 — Mandala Coloring Page

"Savor the Moment" – coloring with mindful quote



***SAVOR EACH
MOMENT
SLOWLY***

Day 5 — Emotional Anchoring + Visualization



Introduction

Today, create a calm mental space you can return to anytime. By linking this peaceful feeling to a simple gesture or breath, you build an emotional anchor to help you feel centered and safe.

Instructions

Sit comfortably in a quiet place.

Take a few natural breaths to settle.

Imagine a place where you feel completely safe and calm — real or imagined.

Notice a few simple details: colors, sounds, or sensations.

Choose an anchor: gently place your hand on your heart, press thumb and finger together, or take a deep slow breath.

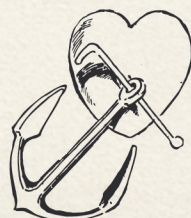
Repeat this anchor as you visualize your safe space.

Later, use this gesture or breath anytime you need to feel grounded.

Reflection (optional)

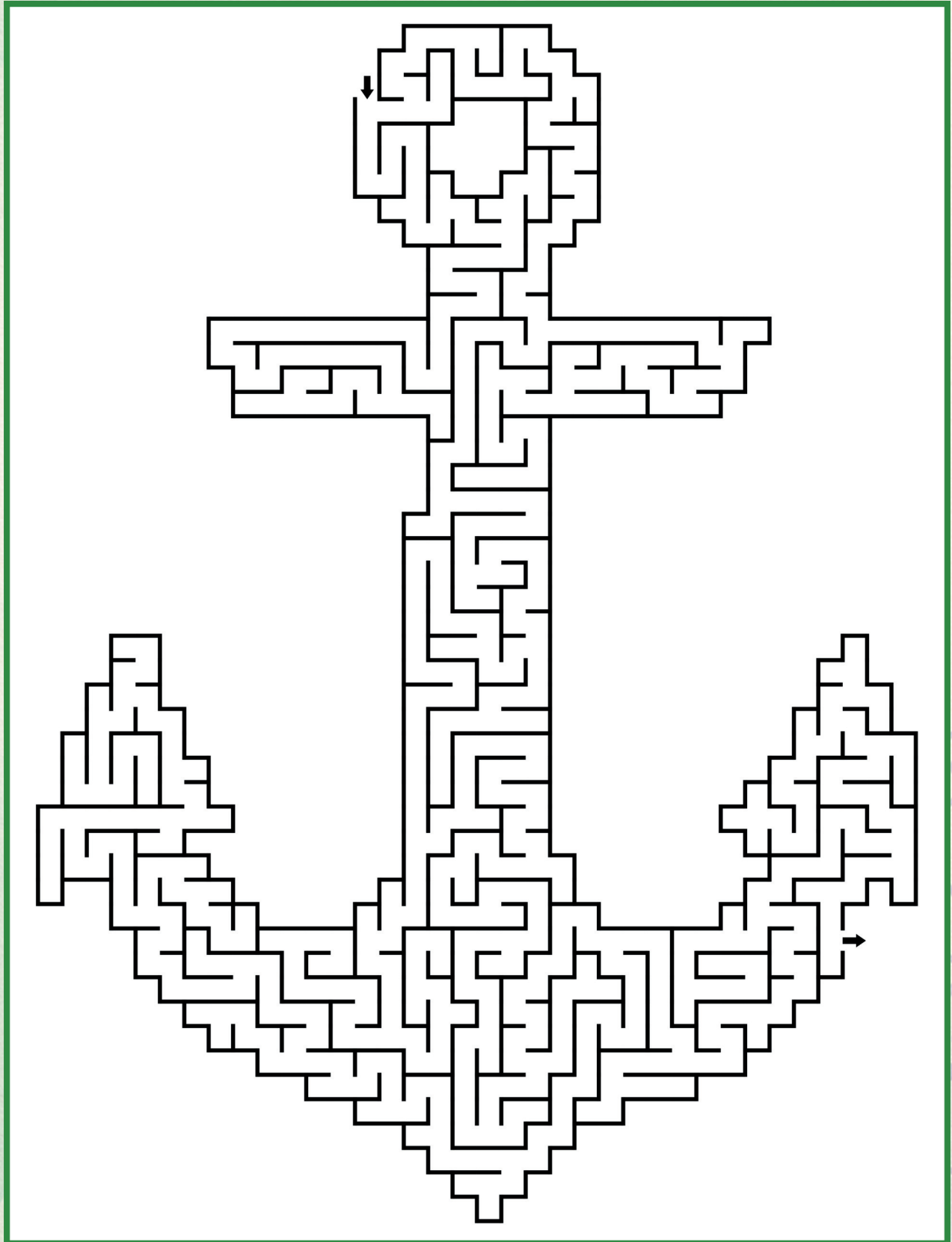
- What did your safe space feel like?
- How did connecting with it change your mood?
- When could you use this anchor in your daily life?

Take this inner calm with you today. Your anchor is always there when you need it.



Day 5 — Maze Puzzle

"Find Your Safe Place" – creative inner journey



Day 6 — Gratitude Practice



Introduction

Today, we invite you to open your heart to gratitude. Focusing on what is good in your day — no matter how small — helps you shift your mind toward joy, reduce stress, and feel more present. Gratitude connects you to what truly matters and strengthens your emotional resilience.

Instructions

- Find a calm moment at the end of your day, perhaps before going to sleep.
- Take a few slow, deep breaths. Let your body soften and your mind settle.
- Think of three good things that happened today. They can be simple: a warm cup of tea, a kind word, a moment of quiet, or a smile from someone.
- For each one, pause and really feel the warmth and joy it brings you. Let this feeling expand inside your chest and throughout your body.
- If you like, write them down in a notebook or on a piece of paper. Seeing them in writing helps you deepen the experience and remember these positive moments.

Reflection (optional)

- How do you feel after focusing on these good things?
- Did you notice a change in your mood or body?
- What surprised you when thinking about your day?

Let this gentle sense of gratitude guide you into rest tonight. You are surrounded by small moments of beauty every day — now you know how to see them and celebrate them.

Day 6 — Sudoku Puzzle

Sudoku 1

		8	2		9	3		
3			1			9		7
9		1			8	4		
	8	2	6				3	
	4					2	9	
	9			2	1			
				4	7			1
8				1			6	3
2		7	5					

Sudoku 2

3			8		6	9		
8		7		5			6	
		4	3			2	8	
		5	6	2		7		8
	3			8				6
	2			9			3	
4	9		7					
					4		7	2
		6			8	3		

Sudoku 3

4					3	8	6	
8			6	1	7			
	9	7				2	1	
2	6				1			5
9				2				1
		4			6	3		
	7				5		3	
	2	6	7				4	
			1	8				6

Sudoku 4

	7		4			5	3	
2		6	7	3				
		9		1			7	4
9		1				7		
			3		7	9		
	8				1		5	6
8	1				9			5
	5		1	6				
6						3		7

Day 7 — Mindful Affirmations



Introduction

Today, we close this journey by reconnecting with your inner strength through mindful affirmations. These phrases invite you to feel each word deeply, creating real presence and calm.

Instructions

Sit comfortably.

Take a few slow breaths, feeling your body soften.

Place your hand over your chest or abdomen.

Silently repeat each phrase, pausing to feel its meaning:

I am here in this moment.

I create calm and safety within me.

I return to balance with ease.

I am enough exactly as I am today.

Notice any sensations — warmth, relaxation, openness.
Stay with each phrase as long as you need.

Reflection (optional)

- How did these words feel in your body?
- Which phrase did you need most today?

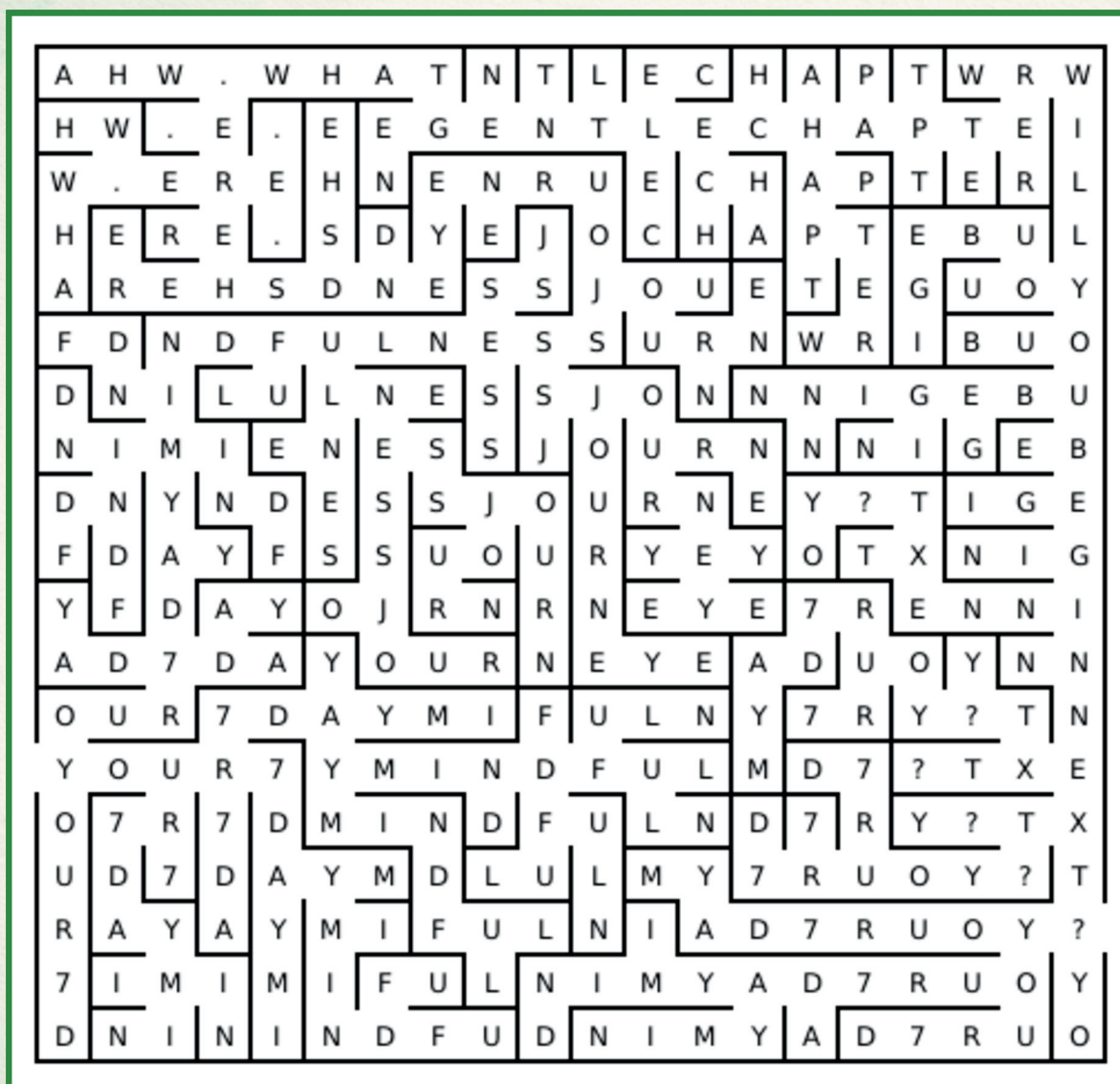
**These affirmations are gentle anchors you can return to anytime.
They live within you, ready to guide you back to calm and presence.**

Scan the QR code below to access the guided videos and deepen your practice.



Day 7 — Bonus Puzzle Pack

You Are Enough



Quote by the maze

Thank You for Walking This Journey

Your 7-day mindfulness journey ends here.

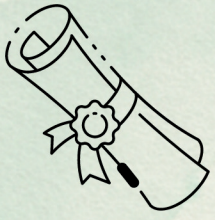
Now a new chapter begins: nurture your inner calm, listen to your body and breath, and embrace each moment without judgment.

You've taken an important step toward creating more space for calm, presence, and self-kindness in your life.

Remember: this journey doesn't have to end today. You can return to these practices anytime you need support or a gentle reminder to reconnect with yourself.

Thank you for sharing this journey with us. We're honored to be part of your path.

**May you continue to walk with kindness and breathe
with intention, one moment at a time.**



Certificate of Mindful Completion



This certifies that _____ has
successfully completed the 7-Day Mindfulness Journey.

Through kindness and dedication to yourself, you took time to
breathe, reconnect, and nurture your inner calm.

May this journey remind you that peace is always within reach, and
you can return to these practices whenever you need support or
balance.

This is not an end — it's a gentle new beginning.
A space of calm you can carry with you, always.

Date: _____

Signature: _____



Notes

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[illegible]

Notes

This image shows a blank sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Notes

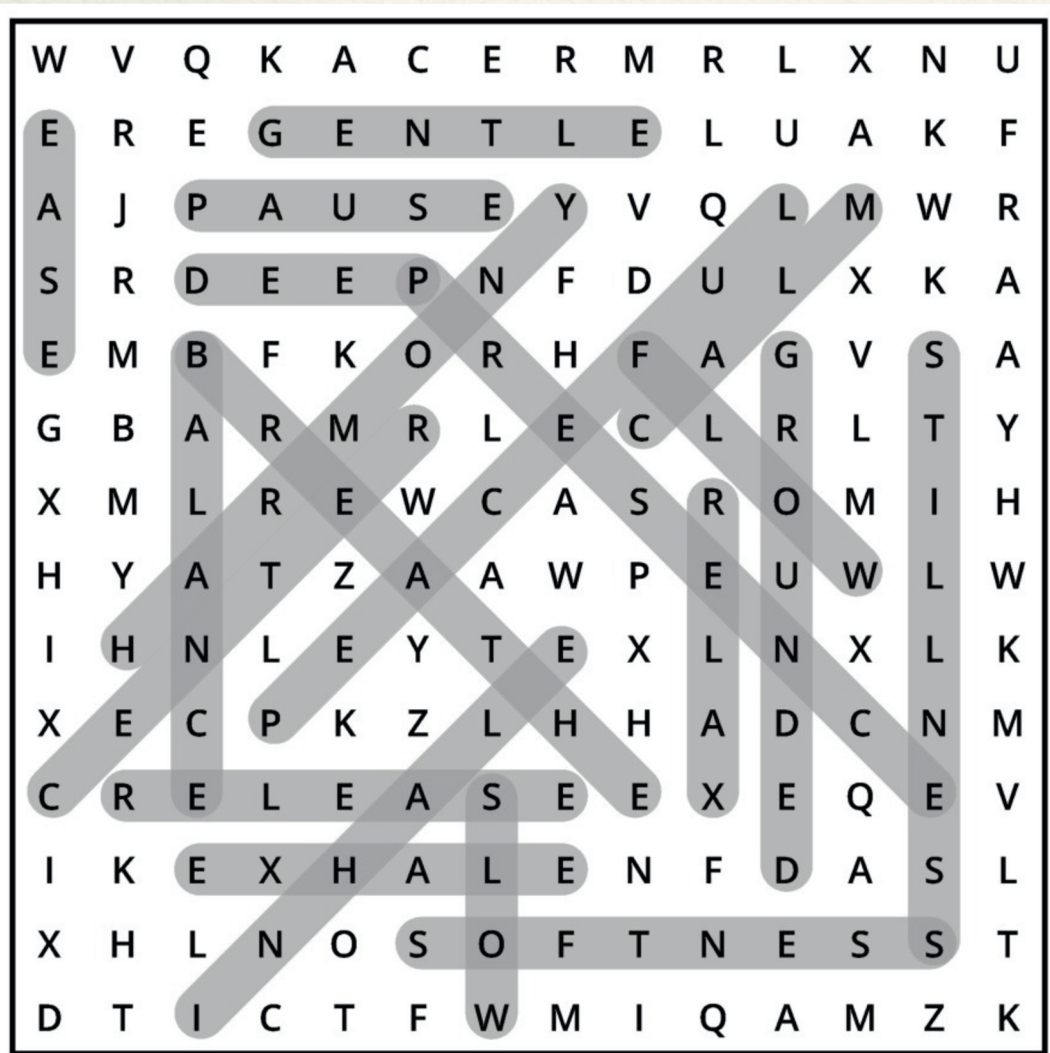
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Day 1. Solution

Word Search: "Find Your Calm" – calming words



Breathe	Gentle	Center
Inhale	Softness	Grounded
Exhale	Flow	Ease
Pause	Stillness	Deep
Balance	Harmony	Slow
Relax	Release	Calm
Presence	Peaceful	

Day 2. Solution

Word Scramble:

"Feel and Release" – body sensations and emotions

TGNGIILN	TINGLING	SEFTON	SOFTEN
TARWMH	WARMTH	LEMT	MELT
COOSLENS	COOLNESS	UNWNID	UNWIND
EHAVY	HEAVY	ETTSLE	SETTLE
GSHTLENS	LIGHTNESS	DXPANE	EXPAND
VIBOATIRN	VIBRATION	SUREENDRR	SURRENDER
SRHETCT	STRETCH	DRFIT	DRIFT
BUZGNZI	BUZZING	OLOSEN	LOOSEN
FTOLNIAG	FLOATING	LTNTEIG	LETTING
HEATTEARB	HEARTBEAT	NNCLEUCH	UNCLENCH
RFLIEE	RELIEF	WEARA	AWARE
TOMFRCO	COMFORT	ATTUEND	ATTUNED
TRTSU	TRUST	ERBMACE	EMBRACE
EAFSTY	SAFETY	COTCENDEN	CONNECTED
EOPNNESS	OPENNESS	UEPPORTIVS	SUPPORTIVE
SYEADT	STEADY	NERTEDEC	CENTERED
RBAVE	BRAVE	NLDGIEA	ALIGNED
EECURS	SECURE	SDSAEFATT	STEADFAST
30 EHOLW	WHOLE	ROOTDE	ROOTED
IRSLEIENT	RESILIENT	UNOGNDRIG	GROUNDING

Day 3. Solution

Cryptogram:

"Step Into the Present" – uplifting phrases

Walking slowly each day helps you feel deeply alive

A nature walk can clear your busy mind

Daily walks bring steady calm and quiet inner strength

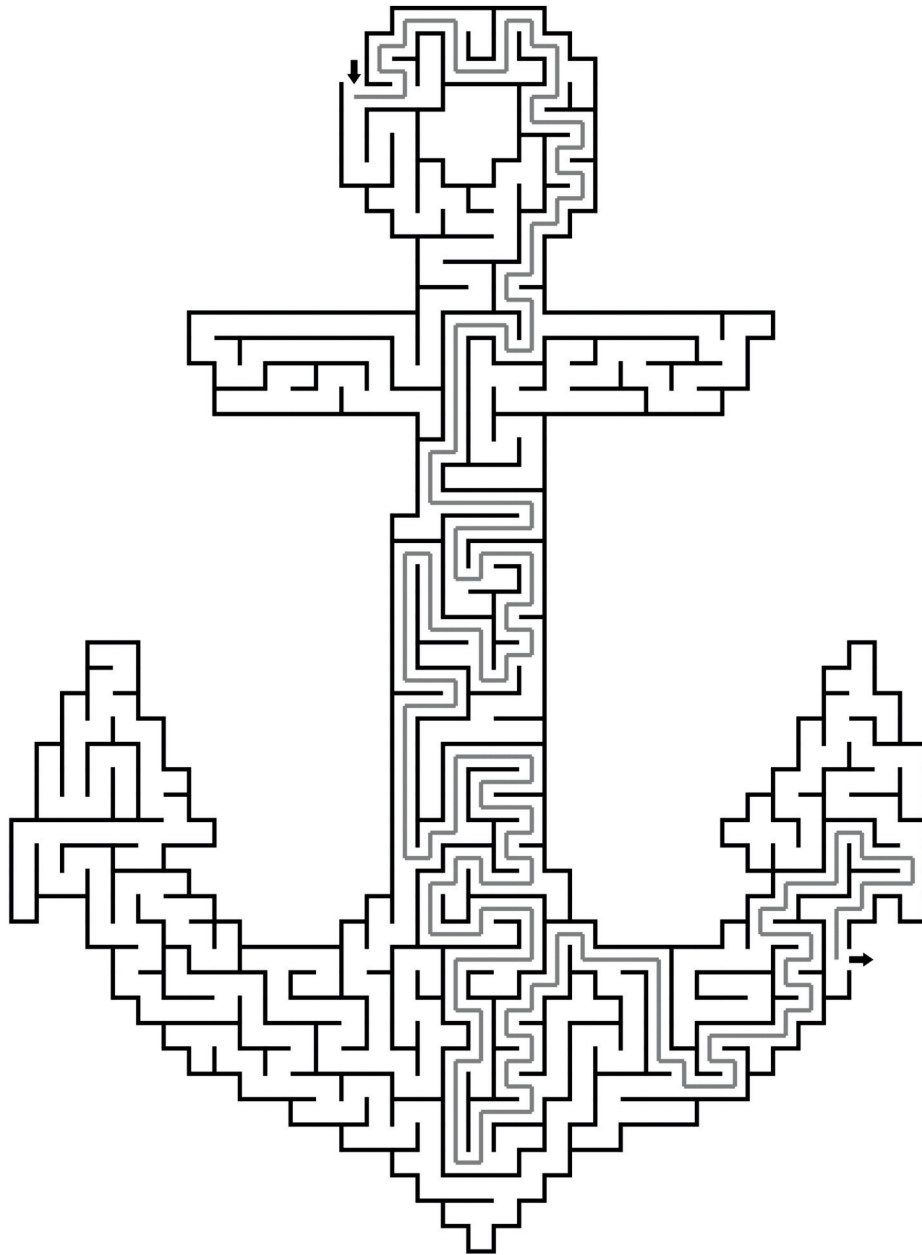
Walking in green spaces can renew energy and bring lightness

A gentle daily walk helps your body release hidden tension

Step into the present with a slow mindful walk today

Day 5. Solution

Maze Puzzle: "Find Your Safe Place" – creative inner journey



Day 6. Solution

Sudoku Puzzle

Solution 1

4	7	8	2	5	9	3	1	6
3	2	5	1	6	4	9	8	7
9	6	1	3	7	8	4	5	2
7	8	2	6	9	5	1	3	4
1	4	6	7	8	3	2	9	5
5	9	3	4	2	1	6	7	8
6	3	9	8	4	7	5	2	1
8	5	4	9	1	2	7	6	3
2	1	7	5	3	6	8	4	9

Solution 2

3	5	2	8	4	6	9	1	7
8	1	7	2	5	9	4	6	3
9	6	4	3	7	1	2	8	5
1	4	5	6	2	3	7	9	8
7	3	9	4	8	5	1	2	6
6	2	8	1	9	7	5	3	4
4	9	3	7	6	2	8	5	1
5	8	1	9	3	4	6	7	2
2	7	6	5	1	8	3	4	9

Solution 3

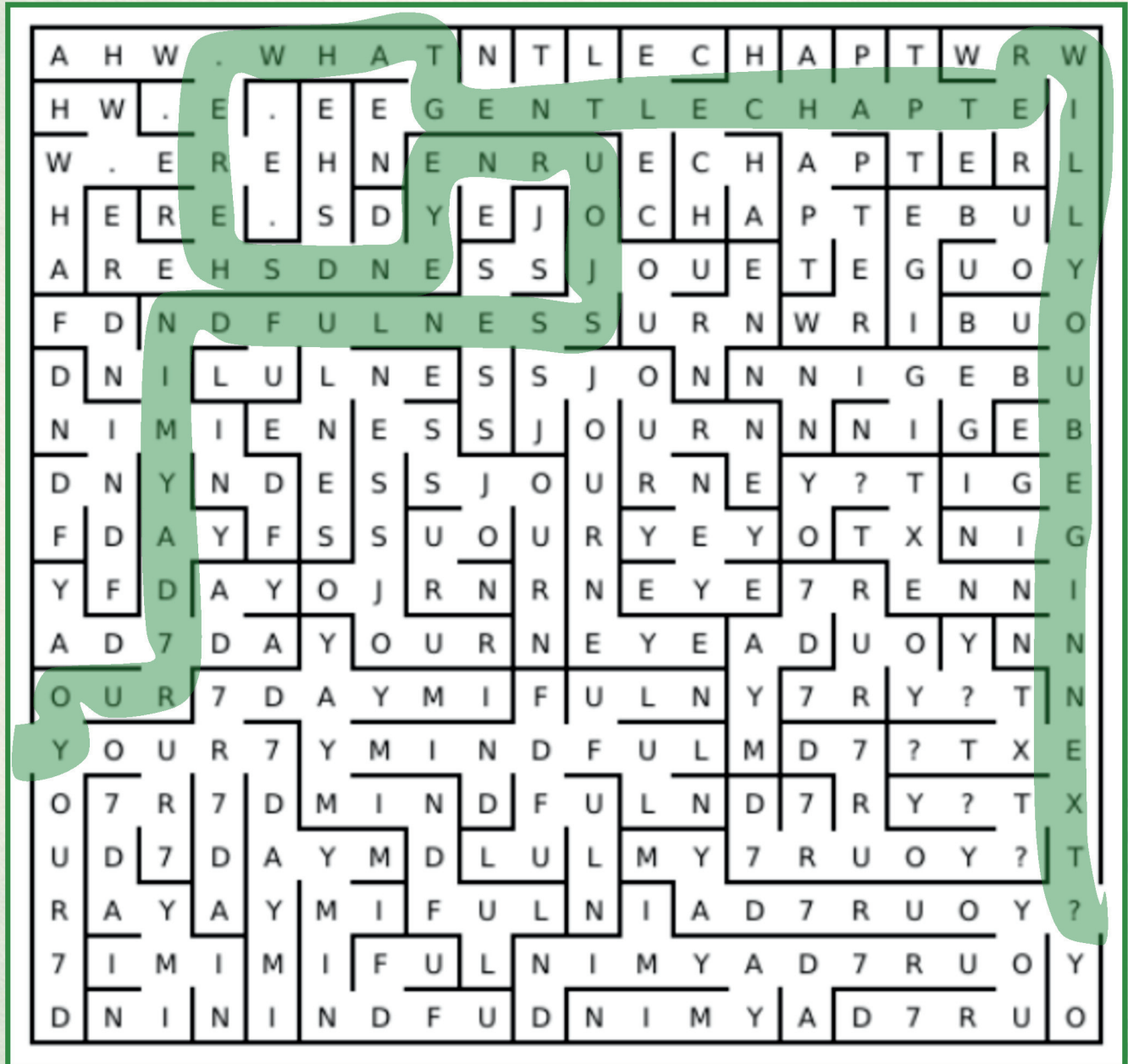
4	5	1	2	9	3	8	6	7
8	3	2	6	1	7	5	9	4
6	9	7	5	4	8	2	1	3
2	6	3	9	7	1	4	8	5
9	8	5	3	2	4	6	7	1
7	1	4	8	5	6	3	2	9
1	7	8	4	6	5	9	3	2
5	2	6	7	3	9	1	4	8
3	4	9	1	8	2	7	5	6

Solution 4

1	7	8	4	9	6	5	3	2
2	4	6	7	3	5	1	9	8
5	3	9	8	1	2	6	7	4
9	2	1	6	5	8	7	4	3
4	6	5	3	2	7	9	8	1
3	8	7	9	4	1	2	5	6
8	1	3	2	7	9	4	6	5
7	5	4	1	6	3	8	2	9
6	9	2	5	8	4	3	1	7

Day 7. Solution

Bonus Puzzle Pack You Are Enough



Quote by the maze

Your 7 day mindfulness journey ends here. What gentle chapter will you be next?

Stay in Touch Calm Doesn't End Here



We're so glad you joined us on this mindfulness journey. If this experience brought you even a little more peace, clarity, or joy... we'd love to keep sharing more with you.

Join our email circle and receive:

- ✓ Simple tools to calm your mind
- ✓ Fresh puzzles and mindful activities
- ✓ Inspiring ideas and sneak peeks at new books
- ✓ Exclusive bonuses — always kind, never spam



Just email us at: hello@themindfulescape.com

Write "Hello" or simply say you'd like to stay connected — we'll take care of the rest.

Let's keep growing together — one peaceful moment at a time.

You can also find our collection on Amazon!

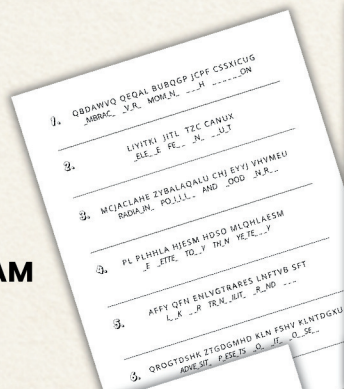
Explore more mindful puzzle books and creative activities designed to help you relax, find calm, and enjoy gentle moments of presence every day.



MINDFULNESS PUZZLE SERIES

WORD SEARCH

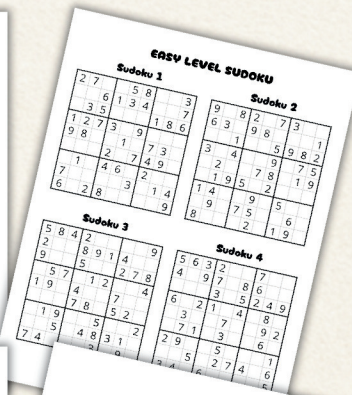
CRYPTOGRAM



Puzzle 50. Rural activities



SUDOKU



COLORING MANDALA



WORD SCRAMBLE



MAZE



THANK YOU

Mindfulness Unique Maze Puzzle Book:
A 30-Day Journey to Relaxation and Well-Being

