

1-DAY MONK CHALLENGE

Activity Schedule

- 6:00 AM **Wake Up** (early rising)
- 6:30 AM **Meditation** (see resources on following page)
- 7:30 AM **Mindful Movement** (yoga, walking meditation, tai chi, etc.)
- 8:00 AM **Breakfast in Silence** (eat slowly, no distractions)
- 9:00 AM **Study Sacred Texts** (see resources on following page)
- 10:00 AM **Work Meditation** (do chores with full mindfulness)
- 12:00 PM **Lunch & Reflection**
- 1:00 PM **Silent Period** (no phone, no computer, no television)
- 2:00 PM **Sitting Meditation or Prayers**
- 3:00 PM **Mindful Movement** (yoga, walking meditation, tai chi, etc.)
- 4:00 PM **Reading** (see resources on following page)
- 5:00 PM **Contemplation & Journaling**
- 6:00 PM **Light Dinner** (or fasting)
- 7:00 PM **Listen to a Dharma Talk** (see resources on following page)
- 8:00 PM **Meditation** (see resources on following page)
- 9:00 PM **Sleep Early** (no phone, no computer, no television)

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Recommended Resources

GUIDED MEDITATIONS

Mindfulness of Body - Joseph Goldstein
Big Sky Mind - Joseph Goldstein
Mind Like Sky - Jack Kornfield
Simply Settle - Patrul Rinpoche
Free Floating Awareness - Shinzen Young
Expanding and Contracting With The Breath - Shinzen Young
Loving Kindness Meditation - Jack Kornfield

SACRED TEXTS

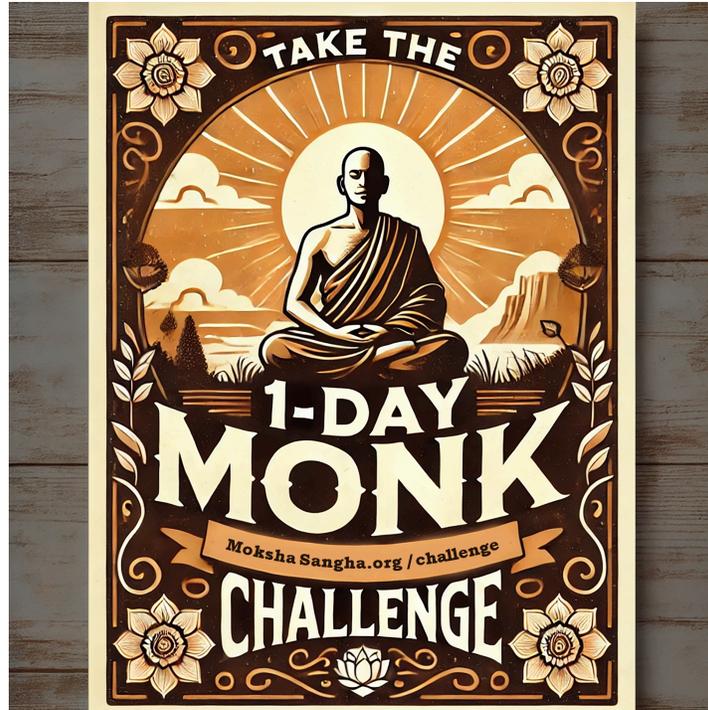
In The Buddha's Words
Patanjali's Yoga Sutras
The Upanishads
Ashtavakra Samhita
The Diamond Sutra
Samyutta Nikaya
Treasures From Juniper Ridge

POPULAR BOOKS

Buddhist Life Buddhist Path - Bhikkhu Cintita
The 4 Foundations of Mindfulness - Bhante Gunaratana
Be Here Now - Ram Dass
I AM THAT - Nisargadatta
The Great Secret of Mind - Keith Dowman
Progressive Stages of Meditation on Emptiness

DHARMA TALKS

Audio Dharma
Dharma Seed
Vedanta Society
Jack Kornfield
Thanisaro Bhikkhu
Joseph Goldstein
Leigh Brasington



Can You Live Like a Monk for 24 Hours?

Take the **1-Day Monk Challenge** to experience a day of simplicity, meditation, and inner peace.

- ✓ Follow the structured activity schedule.
- ✓ Disconnect from distractions and cultivate mindfulness.
- ✓ Discover if the monastic path speaks to you.

- 1 Download the checklist of activities.
- 2 Do as many as possible.
- 3 Share your experience on social media.

Get your free challenge guide here:

<https://www.mokshasangha.org/challenge>

Tag us to share your experience!

#MonkChallenge #MonkLife