



# 7-DAY MINDFUL CONSUMPTION *Challenge*

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*A simple and faith-based journey  
to becoming intentional about  
what we consume—physically,  
mentally, and spiritually.*

**DIVERTMIND**

**DAY1**

# AWARENESS OF WHAT YOU CONSUME

**Verse:** Proverbs 4:23 – *"Above all else, guard your heart, for everything you do flows from it."*

**Focus:**

Pay attention to what you consume today—food, media, thoughts.

**Action:**

Write down everything you consume today.

**Reflect:**

Pause for 60 seconds. Did anything energize or drain you?

**Optional:**

Choose one small change for tomorrow (reduce news, avoid junk food, etc.).

## DAY2

# MINDFUL EATING & THE SPIRITUAL MEANING OF FOOD

**Verse:** 1 Corinthians 10:31 – *"So whether you eat or drink, do it all for the glory of God."*

**Focus:**

Eat with awareness—notice the energy behind your food.

**Action:**

Pause before eating, say a prayer, and eat slowly.

**Reflect:**

Did you truly taste your food today? How did it make you feel?

**Optional:**

Try removing one processed or mindless food choice tomorrow.

## DAY3

# THE ENERGY OF WHAT YOU BUY & OWN

**Verse:** Matthew 6:21 – *"For where your treasure is, there your heart will be also."*

**Focus:**

Notice what you purchase and why.

**Action:**

Pick one item you own—ask yourself:  
*"Does this bring peace or clutter?"*

**Reflect:**

What's one thing you could let go of that no longer serves you?

**Optional:**

Donate or declutter one item today.

## DAY4

# MEDIA & ITS IMPACT ON YOUR SOUL

**Verse:** Philippians 4:8 – *"Fix your thoughts on what is true, honorable, and right."*

**Focus:**

Be mindful of the media you consume today.

**Action:**

List everything you watch, read, or scroll through.

**Reflect:**

Did any media drain or uplift your spirit?

**Optional:**

Reduce one negative source tomorrow (news, social media, gossip).

## DAY5

# WHO ARE YOU LISTENING TO?

**Verse:** Proverbs 13:20 – *"Walk with the wise and become wise."*

**Focus:**

Pay attention to who influences your mindset.

**Action:**

Identify the top 3 people you interact with most.

**Reflect:**

Do these people encourage or drain you?

**Optional:**

Reach out to someone uplifting today.

## DAY6

# TRANSFORMING YOUR CONSUMPTION HABITS

**Verse:** Romans 12:2 – *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*

**Focus:**

Identify one habit you want to change.

**Action:**

Replace one unhealthy habit (late-night eating, doomscrolling, impulse shopping).

**Reflect:**

How did this change impact your day?

**Optional:**

Plan to continue this habit beyond today.

## DAY7

# LIVING WITH INTENTION & FAITH

**Verse:** Proverbs 16:3 – *"Commit to the Lord whatever you do, and he will establish your plans."*

**Focus:**

Reflect on the week and commit to intentional living.

**Action:**

Write one key takeaway from this challenge.

**Reflect:**

What is one habit you want to keep long-term?

**Optional:**

Say a prayer of gratitude for this journey.



**THANK YOU**

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