

# Welcome to a fun way of living yoga in your daily life with the 30-day Challenge 108!

**Challenge 108** is an opportunity for you and your family and friends to apply the ancient lifestyle principles of yoga into your modern daily life – *off the yoga mat!*

This means while going about your day, you're being mindfully aware of:

- ◆ making healthy choices and good habits
- ◆ treating others with kindness, compassion and respect
- ◆ finding and maintaining harmony and peace
- ◆ paying attention to your surroundings
- ◆ noticing how you feel and what you say
- ◆ being happy and sharing that happiness!



Your challenge is to find **108** examples of **1-10 Tasks** within **30 days** then note them down – on paper or on screen.

*Why 108?* **108** is a special sacred number in several cultures and traditions. Among other things, it represents the whole UNIVERSE:

**1** the individual ◆ **0** nothing, the emptiness of space ◆ **8** infinity ( $\infty$ )

## Here's how to do it:

1. **Find a friend** to do the challenge with – make a team of two (or more): a young child and an adult, two youngsters, two adults.
2. **Decide together** when you'll start the challenge and how many tasks you want to do – give yourself 30 days to complete it.
3. **Make a donation**, if you can, on our **GoFundMe** page and leave a comment to let us know you're taking part. *Thank you!*
4. **Print the task sheets**, or use a notebook, to record your findings. You can choose which of the 10 tasks you want to do.
5. **Share the challenge** with others: at home, at school, at work, in person, via emails and on social media.
6. **Start your tasks!** Write your answers on paper and/or on-screen. You can make photos or drawings too if you like. Be creative!
7. **Come and tell us** on **Facebook** about the adventures you've had and what you've discovered when you start searching, finding and counting! If you're not on Facebook, you can tell us via **email** and we'll post it on the GoFundMe page updates.
8. **Feel free to be flexible** – the aim is to spend quality time together, be present and aware, learn and experience and **have fun!**



## TASK 1: BODY PARTS

Name:

Task started:

Task done:

Point to and name 108 parts of the human body – on your own body and on pictures in books.

*Write them here.*

|     |     |     |     |
|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  |
| 29  | 30  | 31  | 32  |
| 33  | 34  | 35  | 36  |
| 37  | 38  | 39  | 40  |
| 41  | 42  | 43  | 44  |
| 45  | 46  | 47  | 48  |
| 49  | 50  | 51  | 52  |
| 53  | 54  | 55  | 56  |
| 57  | 58  | 59  | 60  |
| 61  | 62  | 63  | 64  |
| 65  | 66  | 67  | 68  |
| 69  | 70  | 71  | 72  |
| 73  | 74  | 75  | 76  |
| 77  | 78  | 79  | 80  |
| 81  | 82  | 83  | 84  |
| 85  | 86  | 87  | 88  |
| 89  | 90  | 91  | 92  |
| 93  | 94  | 95  | 96  |
| 97  | 98  | 99  | 100 |
| 101 | 102 | 103 | 104 |
| 105 | 106 | 107 | 108 |



## TASK 2: ANIMALS

Name:

Task started:

Task done:

Spot 108 different creatures – insects, birds, fish, mammals, reptiles; large and small, wild and domestic, indoors and outdoors. *Write them here.*

|     |     |     |     |
|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  |
| 29  | 30  | 31  | 32  |
| 33  | 34  | 35  | 36  |
| 37  | 38  | 39  | 40  |
| 41  | 42  | 43  | 44  |
| 45  | 46  | 47  | 48  |
| 49  | 50  | 51  | 52  |
| 53  | 54  | 55  | 56  |
| 57  | 58  | 59  | 60  |
| 61  | 62  | 63  | 64  |
| 65  | 66  | 67  | 68  |
| 69  | 70  | 71  | 72  |
| 73  | 74  | 75  | 76  |
| 77  | 78  | 79  | 80  |
| 81  | 82  | 83  | 84  |
| 85  | 86  | 87  | 88  |
| 89  | 90  | 91  | 92  |
| 93  | 94  | 95  | 96  |
| 97  | 98  | 99  | 100 |
| 101 | 102 | 103 | 104 |
| 105 | 106 | 107 | 108 |



### TASK 3: TREES

Name:

Task started:

Task done:

Touch or hug 108 trees – ask a friend or look in a book to find out what kind of trees they are.

*Write them here.*

|     |     |     |     |
|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  |
| 29  | 30  | 31  | 32  |
| 33  | 34  | 35  | 36  |
| 37  | 38  | 39  | 40  |
| 41  | 42  | 43  | 44  |
| 45  | 46  | 47  | 48  |
| 49  | 50  | 51  | 52  |
| 53  | 54  | 55  | 56  |
| 57  | 58  | 59  | 60  |
| 61  | 62  | 63  | 64  |
| 65  | 66  | 67  | 68  |
| 69  | 70  | 71  | 72  |
| 73  | 74  | 75  | 76  |
| 77  | 78  | 79  | 80  |
| 81  | 82  | 83  | 84  |
| 85  | 86  | 87  | 88  |
| 89  | 90  | 91  | 92  |
| 93  | 94  | 95  | 96  |
| 97  | 98  | 99  | 100 |
| 101 | 102 | 103 | 104 |
| 105 | 106 | 107 | 108 |



## TASK 4: EDIBLE PLANTS

Name:

Task started:

Task done:

Name 108 plants we can eat or drink – leaves, roots, grains, seeds, fruits, vegetables, etc. Find them in your kitchen, check the shops, and look in cookbooks. *Write them here.*

|     |     |     |     |
|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  |
| 29  | 30  | 31  | 32  |
| 33  | 34  | 35  | 36  |
| 37  | 38  | 39  | 40  |
| 41  | 42  | 43  | 44  |
| 45  | 46  | 47  | 48  |
| 49  | 50  | 51  | 52  |
| 53  | 54  | 55  | 56  |
| 57  | 58  | 59  | 60  |
| 61  | 62  | 63  | 64  |
| 65  | 66  | 67  | 68  |
| 69  | 70  | 71  | 72  |
| 73  | 74  | 75  | 76  |
| 77  | 78  | 79  | 80  |
| 81  | 82  | 83  | 84  |
| 85  | 86  | 87  | 88  |
| 89  | 90  | 91  | 92  |
| 93  | 94  | 95  | 96  |
| 97  | 98  | 99  | 100 |
| 101 | 102 | 103 | 104 |
| 105 | 106 | 107 | 108 |



## TASK 5: LITTER

Name:

Task started:

Task done:

Pick up 108 pieces of litter – from your local streets, parks, beaches, forests, fields, etc. Wear gloves! Sort them all into the correct recycling bins. Describe each piece and *write them here*.

|     |     |     |     |
|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  |
| 29  | 30  | 31  | 32  |
| 33  | 34  | 35  | 36  |
| 37  | 38  | 39  | 40  |
| 41  | 42  | 43  | 44  |
| 45  | 46  | 47  | 48  |
| 49  | 50  | 51  | 52  |
| 53  | 54  | 55  | 56  |
| 57  | 58  | 59  | 60  |
| 61  | 62  | 63  | 64  |
| 65  | 66  | 67  | 68  |
| 69  | 70  | 71  | 72  |
| 73  | 74  | 75  | 76  |
| 77  | 78  | 79  | 80  |
| 81  | 82  | 83  | 84  |
| 85  | 86  | 87  | 88  |
| 89  | 90  | 91  | 92  |
| 93  | 94  | 95  | 96  |
| 97  | 98  | 99  | 100 |
| 101 | 102 | 103 | 104 |
| 105 | 106 | 107 | 108 |



## TASK 6: COMPLIMENTS

Name:

Task started:

Task done:

Think of 108 nice words to say about others – say them out loud to yourself and tell them to someone else.

*Write them here.*

|     |     |     |     |
|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  |
| 29  | 30  | 31  | 32  |
| 33  | 34  | 35  | 36  |
| 37  | 38  | 39  | 40  |
| 41  | 42  | 43  | 44  |
| 45  | 46  | 47  | 48  |
| 49  | 50  | 51  | 52  |
| 53  | 54  | 55  | 56  |
| 57  | 58  | 59  | 60  |
| 61  | 62  | 63  | 64  |
| 65  | 66  | 67  | 68  |
| 69  | 70  | 71  | 72  |
| 73  | 74  | 75  | 76  |
| 77  | 78  | 79  | 80  |
| 81  | 82  | 83  | 84  |
| 85  | 86  | 87  | 88  |
| 89  | 90  | 91  | 92  |
| 93  | 94  | 95  | 96  |
| 97  | 98  | 99  | 100 |
| 101 | 102 | 103 | 104 |
| 105 | 106 | 107 | 108 |



## TASK 7: SMILES

Name:

Task started:

Task done:

Notice 108 smiling faces – family, friends, strangers, young and old. See what happens when you smile back!  
Describe each person and *write them here*.

|     |     |     |     |
|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  |
| 29  | 30  | 31  | 32  |
| 33  | 34  | 35  | 36  |
| 37  | 38  | 39  | 40  |
| 41  | 42  | 43  | 44  |
| 45  | 46  | 47  | 48  |
| 49  | 50  | 51  | 52  |
| 53  | 54  | 55  | 56  |
| 57  | 58  | 59  | 60  |
| 61  | 62  | 63  | 64  |
| 65  | 66  | 67  | 68  |
| 69  | 70  | 71  | 72  |
| 73  | 74  | 75  | 76  |
| 77  | 78  | 79  | 80  |
| 81  | 82  | 83  | 84  |
| 85  | 86  | 87  | 88  |
| 89  | 90  | 91  | 92  |
| 93  | 94  | 95  | 96  |
| 97  | 98  | 99  | 100 |
| 101 | 102 | 103 | 104 |
| 105 | 106 | 107 | 108 |





## TASK 8: KIND ACTS

Name:

Task started:

Task done:

Carry out 108 acts of kindness – things that you've thought of, as well as things that others have asked you to do.

*Write them here.*

|     |     |     |     |
|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  |
| 29  | 30  | 31  | 32  |
| 33  | 34  | 35  | 36  |
| 37  | 38  | 39  | 40  |
| 41  | 42  | 43  | 44  |
| 45  | 46  | 47  | 48  |
| 49  | 50  | 51  | 52  |
| 53  | 54  | 55  | 56  |
| 57  | 58  | 59  | 60  |
| 61  | 62  | 63  | 64  |
| 65  | 66  | 67  | 68  |
| 69  | 70  | 71  | 72  |
| 73  | 74  | 75  | 76  |
| 77  | 78  | 79  | 80  |
| 81  | 82  | 83  | 84  |
| 85  | 86  | 87  | 88  |
| 89  | 90  | 91  | 92  |
| 93  | 94  | 95  | 96  |
| 97  | 98  | 99  | 100 |
| 101 | 102 | 103 | 104 |
| 105 | 106 | 107 | 108 |



## TASK 9: WISHES

Name:

Task started:

Task done:

Make 108 wishes for good things – for yourself and others, for animals and the environment, for anything or anyone, for everything or everyone! *Write them here.*

|     |     |     |     |
|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  |
| 29  | 30  | 31  | 32  |
| 33  | 34  | 35  | 36  |
| 37  | 38  | 39  | 40  |
| 41  | 42  | 43  | 44  |
| 45  | 46  | 47  | 48  |
| 49  | 50  | 51  | 52  |
| 53  | 54  | 55  | 56  |
| 57  | 58  | 59  | 60  |
| 61  | 62  | 63  | 64  |
| 65  | 66  | 67  | 68  |
| 69  | 70  | 71  | 72  |
| 73  | 74  | 75  | 76  |
| 77  | 78  | 79  | 80  |
| 81  | 82  | 83  | 84  |
| 85  | 86  | 87  | 88  |
| 89  | 90  | 91  | 92  |
| 93  | 94  | 95  | 96  |
| 97  | 98  | 99  | 100 |
| 101 | 102 | 103 | 104 |
| 105 | 106 | 107 | 108 |



## TASK 10: THINGS IN COMMON

Name:

Task started:

Task done:

Discover 108 things you share in common with other people – especially people who grew up in other families, cultures, places, countries and religions than you. *Write them here.*

|     |     |     |     |
|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  |
| 29  | 30  | 31  | 32  |
| 33  | 34  | 35  | 36  |
| 37  | 38  | 39  | 40  |
| 41  | 42  | 43  | 44  |
| 45  | 46  | 47  | 48  |
| 49  | 50  | 51  | 52  |
| 53  | 54  | 55  | 56  |
| 57  | 58  | 59  | 60  |
| 61  | 62  | 63  | 64  |
| 65  | 66  | 67  | 68  |
| 69  | 70  | 71  | 72  |
| 73  | 74  | 75  | 76  |
| 77  | 78  | 79  | 80  |
| 81  | 82  | 83  | 84  |
| 85  | 86  | 87  | 88  |
| 89  | 90  | 91  | 92  |
| 93  | 94  | 95  | 96  |
| 97  | 98  | 99  | 100 |
| 101 | 102 | 103 | 104 |
| 105 | 106 | 107 | 108 |



Harmony for Body, Mind and Soul

*Congratulations for completing Challenge 108!!*

Be sure to share your discoveries with friends and family, teachers and workmates.

Tell us about your research and adventures on Facebook: <https://www.facebook.com/yogaindailylifescotland>

Notice how much more aware of yourself and your surroundings you are.  
Keep noticing what you're feeling and how you think about and treat other people,  
animals, plants, things, the environment  
and yourself.

Enjoy your life!

May all beings be in peace.

<https://www.yogaindailylife.org.uk/scotland>  
[scotland@yogaindailylife.org](mailto:scotland@yogaindailylife.org)