

21 days of **JOMO**



NOT JUST A PROJECT
BUT A WAY OF LIFE

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I'll read my books and I'll drink coffee and I'll listen to music, and I'll bolt the door.

- J.D. Salinger, A Boy in France

NOTE FOR THOSE WHO SEEK JOMO

First of all, I would like to thank you for taking some time out and checking out the project JOMO. I designed this 21 days of JOMO project for those who want to introduce JOMO to their life but have found it difficult.

Though the traditional definition of JOMO is pleasure derived from living in a quiet or independent way without feeling anxious that one is missing out on exciting or interesting events that may be happening elsewhere it can mean a lot more than just that.

Each of you might have your own interpretation for JOMO and I think all of them are valid.

I am very proud of you for deciding to take up this project and I hope it helps you to feel a lot more calm, happier and peaceful by the end of it.

If you feel stuck or have any questions you can always DM me at [@theprojectjomo](https://www.instagram.com/theprojectjomo) or email me at theprojectjomo@gmail.com.

If you are wondering how to measure the positive effects of JOMO, honestly, it is something that you should be able to feel and understand. No numbers can really do justice here.

Each day has a set of tasks that you need to do and these tasks are very simple. The important thing is to do them. If

you miss a day it is okay. However, please try to not miss two days in a row.

Accountability: You can use a simple tracker but I leave it to you. You can just add everyday tasks to your todo and tick mark the tasks at the end of the day. And if you don't want to do it, don't.

Here's an example:

Day 4

- ✓ Task 2 - 30 minutes of conscious no screen time.
- ✓ Task 3 - 10 minutes of walk/ stretch.
- ✓ Task 4 - 5 minutes of journaling.
- ✓ Task 1 - 5 minutes of meditation.

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DAY 1

Repeated actions build habits.



Let's start day 1 with something very simple. You will be repeating these two tasks for every single day for 21 days.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

What is meditation and how to do it? You might have these two questions.

Meditation isn't about becoming a different person, a new person, or even a better person. It's about training in awareness and getting a healthy sense of perspective. You're not trying to turn off your thoughts or feelings. You're learning to observe them without judgment. And eventually, you may start to better understand them as well.

- Headspace

There are a lot of different kinds of meditations:

- mindfulness meditation.
- spiritual meditation.
- focused meditation.
- movement meditation.
- mantra meditation.
- transcendental meditation.
- progressive relaxation.
- loving-kindness meditation.

Pick the one what works for you.

The easiest way to go about it is using one of the guided meditations available online. You can check out apps like headspace or calm or use the ones available on YouTube. If you're wondering why is meditation so hard and how to make it a habit then you read more about it here.

The objective of these tasks is to:

1. Give you an opportunity to clear your head or sort out your thoughts.
2. Give your eyes and mind some rest from all the over information you can live without.

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DAY 2

Fill your cup first.



Today we will add a third task that you will continue to do for all the remaining days.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Why move your body (walk/ stretch/ yoga)

Moving your body increases endorphins, dopamine, adrenaline and endocannabinoid — these are all brain chemicals associated with feeling happy, feeling confident, feeling capable, feeling less anxiety and stress and even less physical pain.

Also, when you move you do something for yourself. It is a form of self-care.

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DAY 3

Writing can be an outlet for your feelings.



Today, take some time out and write the way you feel. You can dump all your thoughts, you can write a gratitude list or you can just describe your surroundings. There is no right answer or a wrong one, just write.

We will be journaling every few days from now on so make sure you have a notebook or you can use your notes app for this. I would say use physical notebook because that will be more helpful.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 5 minutes of journaling.

Some more journaling prompts:

1. List down things that make you happy.
2. List down things that are bothering you.
3. Make a to-do list for next week.
4. Write a note about the latest show/series/drama/movie you watched and what you think about it.

5. Write everything you know about your favourite song.
6. List 5 things you see around you, 4 things you can feel, 2 things you can feel touch of, 3 sounds you can hear, 2 things you can smell and 1 thing you can taste.
7. Close your eyes and think of a childhood memory. Now write it down and how you feel about it.
8. 8. List down things you love about each season.
9. List your favourite books or write something about one of your favourite book.
10. List down things that you miss.

I wrote more about why is journaling hard and how to make it a habit [here](#).

The objective of these tasks is to:

1. Give you an opportunity to clear your head or sort out your thoughts.
2. Give your eyes and mind some rest from all the over information you can live without.
3. Increase endorphins, dopamine, adrenaline with movement.

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DAY 4

Deep breaths.



If you're looking for a sign to start deep breathing, this is it.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Why deep breathing?

Your autonomic nervous system controls involuntary actions like heart rate and digestion. This system is split into two parts: the sympathetic nervous system which controls your fight-or-flight response and the parasympathetic nervous system which controls your rest-and-relax response. Both parts of your nervous system are always active. However, deep breathing can help quiet your sympathetic nervous system. This helps in reducing feelings of stress or anxiety.

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DAY 5

The average person scrolls through 300 feet of mobile content every day. That's equivalent to the size of the Statue of Liberty.



Five tasks on day five.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - 10 minutes of reading.

Reading helps you:

1. Sleep better.
2. Become smarter.
3. Communicate better.
4. Improve your vocabulary.
5. Reduce stress.
6. In finding inspiration.
7. Become a better version of yourself.
8. Improve your analytic skills.
9. Enhance your knowledge.
10. With your overall wellness.

What to read:

I want you to read whatever you like. It can be fiction, non-fiction, a blogpost, a wattapad story. The only thing you need to make sure is it's not news or something on social networking sites.

I also wrote about what happens when you read for 30 minutes after waking up instead of scrolling through your phone? You can read it here.

If you can read for more than 10 minutes, please go ahead and do that.

From this point you have to look at the allotted time durations as minimum time devoted for that particular task. Feel free to take up more time for each if you can.

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DAY 6

If you really want to nourish your soul, you have to nourish your body with real food as well.



Miss out on junk food.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - 5 minutes of journaling.

Task 6 - No junk food.

Why miss out on junk food?

Junk foods can hamper the signalling of neurotransmitters such as dopamine and serotonin (the happy hormones). That can make you unhappy even without you knowing it. So, today let's avoid it consciously.

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DAY 7

Your surroundings effect your mood more than you think they do.



A little cleaning can make you a lot happy.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - 10 minutes of cleaning/ organising.

Why clean and organise the space around you?

First of all we are talking about surface level cleaning and not deep cleaning. Deep cleaning is time consuming and some might not really enjoy doing that. However, cleaning and organising can relieve one of temporary anxiety by providing a sense of control. Clean surroundings help you focus better on tasks at hand and perform them more efficiently, since your visual cortex isn't being overwhelmed by irrelevant objects.

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DAY 8

Give your body and your soul some of your precious time.



It's been 7 days already and I hope you've gotten used to some of the daily tasks. So I am adding one more task to the list of daily tasks.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - Sit and drink one glass full of water.

Why sit and drink one glass full of water?

If the idea was only hydration, I would have said drink a certain amount of water. However, it is not just about staying hydrated, it is about feeling hydrated and refreshed. You will know what I mean when you do it. Also, make sure it is water and not coffee or tea or a different drink.

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DAY 9

You don't have to earn your rest.



Since it has been a week of this project and we have added all the daily tasks, we will now be repeating some of the older tasks. There will be a few new things here and there. I hope you're getting into a habit of giving yourself more time and love.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5- Sit and drink one glass full of water.

Task 6- 10 minutes of reading.

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DAY 10

Music is magic.



While doing these tasks you are probably spending 30-40 minutes for/with yourself. How does that make you feel?

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - Sit and drink one glass full of water.

Task 6 - Listen to a song you love.

Why listen to music?

Research findings have demonstrated that music supports our physical, mental and emotional health. It can help in regulating our emotions, improving our mood, and enhancing productivity and concentration, and it can even help us sleep better.

Important: When you are listening to your favourite song, don't do anything else. Don't scroll on your phone, don't pay attention to anything else but the music. Enjoy it to the core.

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DAY 11

Nature has its own ways of healing your soul.



Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - Sit and drink one glass full of water.

Task 6 - 5 minutes of journaling.

Task 7 - Go for a walk/run or take photographs of nature.

Why go out in nature?

Studies also show that being outside in nature is relaxing, reduces our stress, cortisol levels, muscle tension and heart rate.

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DAY 12

Focus on yourself.



Repeat after me: Repetition is important for habit building.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - Sit and drink one glass full of water.

Task 6 - 10 minutes of reading.

Task 7 - 10 minutes of cleaning/ organising.

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DAY 13

It's okay to go at your pace and it's okay to not do a certain things.



Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - Sit and drink one glass full of water.

Task 6 - 5 minutes of journaling.

Task 7 - No junk food.

You can miss two of the following four tasks today:

1. 5 minutes of meditation.
2. 10 minutes of walk/ stretch.
3. 1 minute of deep breathing.
4. Sit and drink one glass full of water.

Why miss the daily tasks?

I want you to know that it is okay to not do a certain thing and that streaks are not that important. The important thing is to know how you feel about it. If you feel bad about skipping a task ask yourself why is it?

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DAY 14

Appreciate the food you eat.



You are what you eat.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - Sit and drink one glass full of water.

Task 6 - Eat something you love.

I hope the food you love is not a junk food :) But if it is, then it is still okay. Eat what you feel like and when you do, make sure you are present. Feel each bite, describe the taste and savour your food. Watch some KDramas or Midnight diner to understand how to appreciate your food.

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DAY 15

Self-care will make you glow.



Repeat after me: Self-care is not selfish.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - Sit and drink one glass full of water.

Task 6 - 10 minutes of reading.

Task 7 - Take some time to moisturise your face, hands and legs

Taking time out to nourish your body is neither unnecessary nor selfish. In fact, when you take 2 minutes to moisturise and use sun protection you skin thanks you. And you will see its gratitude with time.

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DAY 16

You don't need someone to give you presents, you can do it for yourself.



Repeat after me: Self-love is not selfish.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - Sit and drink one glass full of water.

Task 6 - Treat yourself with something nice (flowers, food, a new book or a journal, a pen, make-up)

It doesn't have to be expensive, time consuming to find or something that takes long time to be delivered.

The objective of treating yourself is to make you happier. If shopping even for yourself is frustrating just go with something standard like flowers or chocolates.

You deserve the best of the bests.



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DAY 17

“Today I don’t feel like doing anything” – What to do on days when your mind plays this song on repeat. You can read more about it [here](#).



Today’s tasks:

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - Sit and drink one glass full of water.

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DAY 18

Romanticise your life, because you can.



Repeat after me: Simple things feel magical when you put in some effort.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - Sit and drink one glass full of water.

Task 6 - Sit and enjoy a fruit you like. (cut it fancifully, put it in a nice plate/ bowl.)

Why romanticise your life?

'Romanticising your life' is a form of mindfulness. The concept of "romanticising your life" is a trend about celebrating yourself and making even the most ordinary day feel extraordinary. And when you do that, things actually feel extraordinary.

Give it a try.

There are more ways to romanticise life but I'll leave it up to you.

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DAY 19



Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - Sit and drink one glass full of water.

Task 6 - 5 minutes of journaling.

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DAY 20

Dear me, I love you.



Tell yourself how you feel about you. Read it later.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - Sit and drink one glass full of water.

Task 6 - 10 minutes of reading.

Task 7 - Write a letter to yourself.

You can choose to write a letter to your past self or future self or even just your present self.

Why write letter to yourself?

To remind yourself of something really important and valuable. It can help you express your gratitude towards yourself, can help you self-evaluate and can make you more aware about yourself.

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DAY 21

You are a work in progress.



Since it is the last day of the project, journal your thoughts about last 20 days.

Task 1 - 5 minutes of meditation.

Task 2 - 30 minutes of conscious no screen time.

Task 3 - 10 minutes of walk/ stretch.

Task 4 - 1 minute of deep breathing.

Task 5 - Sit and drink one glass full of water.

Task 6 - 5 minutes of journaling.

Task 7 - 10 minutes of reading.

Task 8 - 10 minutes of cleaning/ organising.

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REFLECTION

Be proud of yourself <3



Congratulations on completing 21 days of #projectjomo. I am so proud of you!

I welcome you to do one final reflection of your 21 days. If you feel like all or some of the tasks helped you feel better, feel free to come back those tasks or the entire project.

The idea is to find what works for you the best and practice it. Also, don't wait till you are too burnt out or tired. We must rest and refill our cup so that we don't get tired and not when we are tired.

Here are some questions for you:

1. Which were your favourite tasks?
2. Which task did you find the most challenging?
3. How do you feel at the end of 21 days?

You are the greatest project you will ever work on. You can download your [JOMO menu here](#).

WHO AM I



I am Sneha Mehta AKA Sam. I started my spiritual journey at a very young age. I got into reiki when I was 13. I went for my first Vipassana camp when I was 17. I took a course The Science of Well-Being and read a lot about happiness in general. However, I realised that one of the most important things in life is actually the joy of missing out and so I am on a mission to help the folks around me understand and practice JOMO.

NOTE TO JOMO SEEKERS ■■ Welcome to Version 2 of the 21 Days of JOMO Project! This refreshed guide

WEEK 1: The Foundations of JOMO ■ ■ DAY 1: Breathe into Joy ■ - Task 1: 5 minutes of meditation. Start v

DAY 2: Move for Joy■- Task 1: 5 minutes of meditation.■- Task 2: 15 minutes of no-screen time.■- Task 3

DAY 3: Write it Out■- Task 1: 5 minutes of meditation.■- Task 2: 15 minutes of no-screen time.■- Task 3: