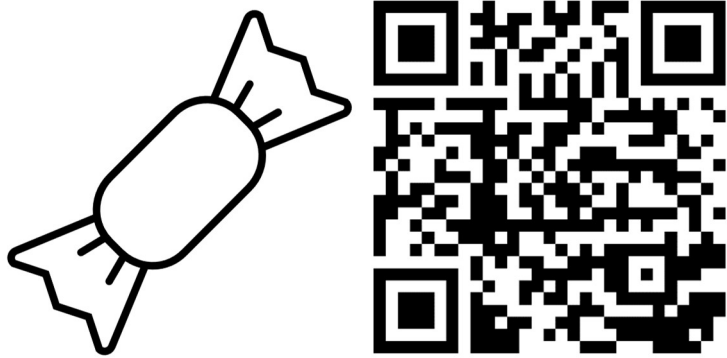




## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



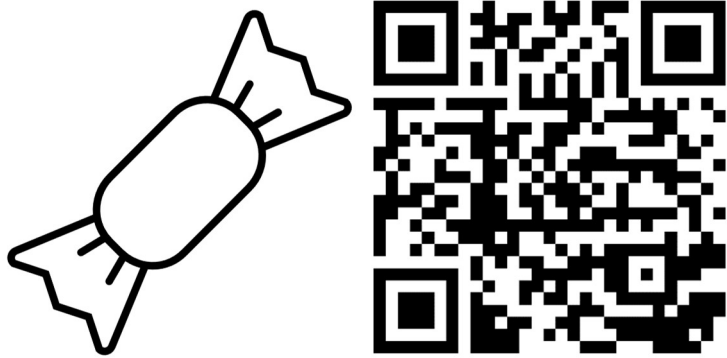
<https://uramfamilytherapy.com/activities/>



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



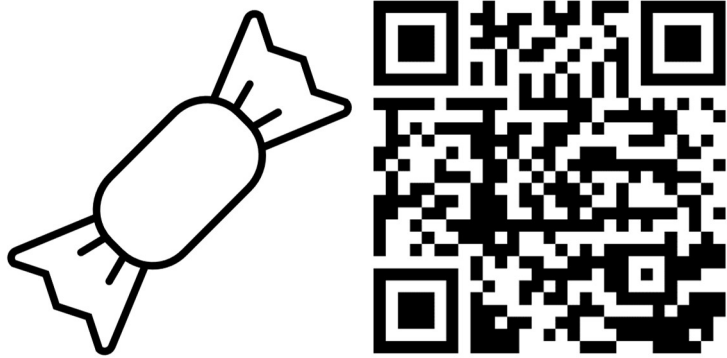
<https://uramfamilytherapy.com/activities/>



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



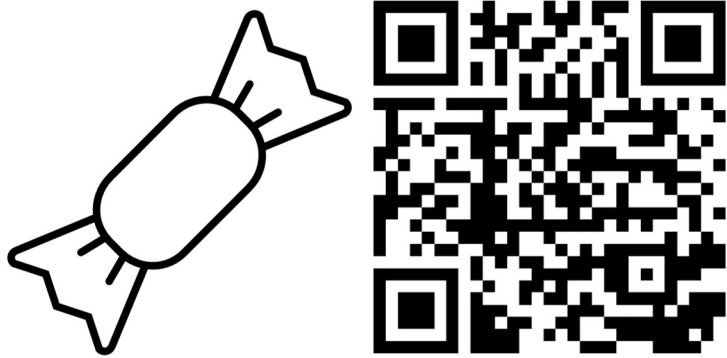
<https://uramfamilytherapy.com/activities/>



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



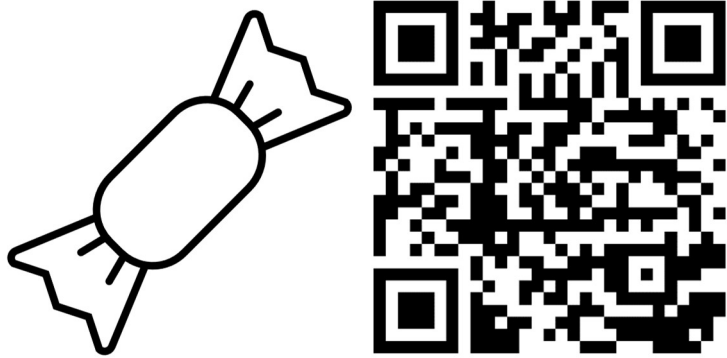
<https://uramfamilytherapy.com/activities/>



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



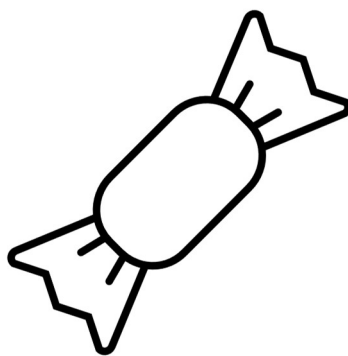
<https://uramfamilytherapy.com/activities/>



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



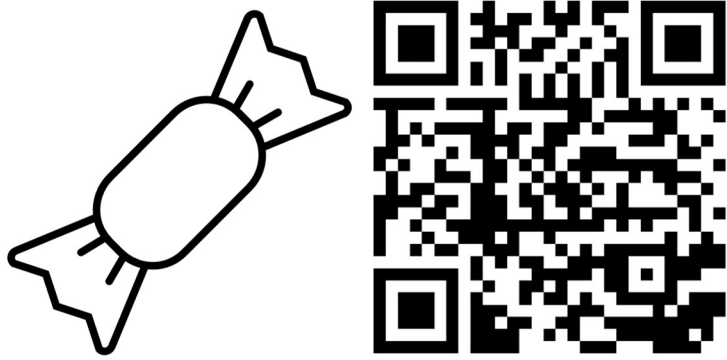
**<https://uramfamilytherapy.com/activities/>**



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



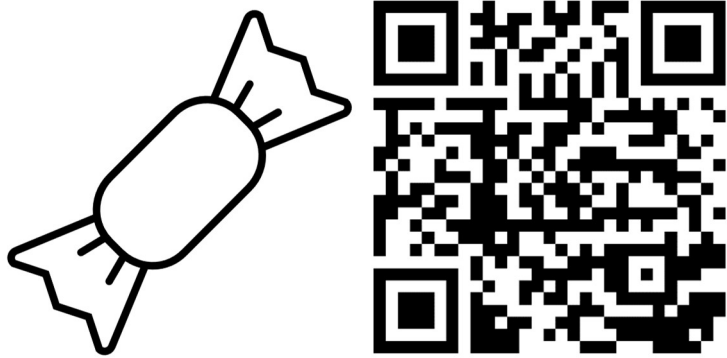
<https://uramfamilytherapy.com/activities/>



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



<https://uramfamilytherapy.com/activities/>

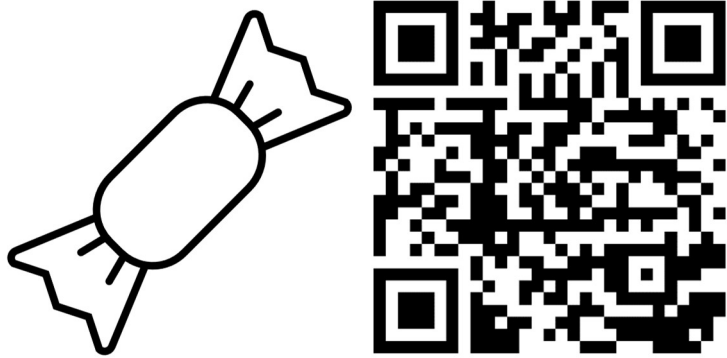




## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



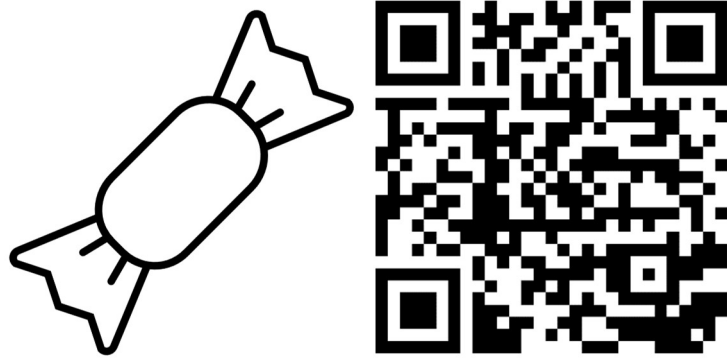
<https://uramfamilytherapy.com/activities/>



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



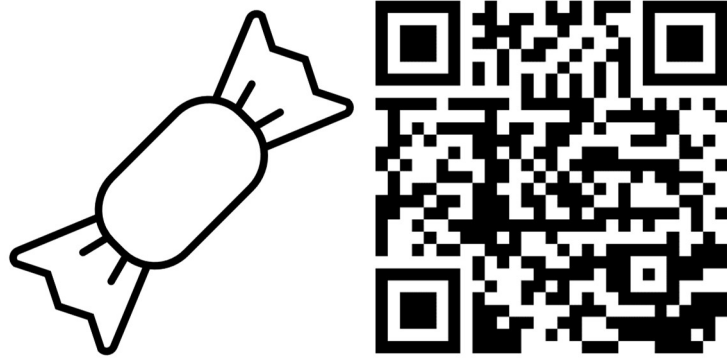
<https://uramfamilytherapy.com/activities/>



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



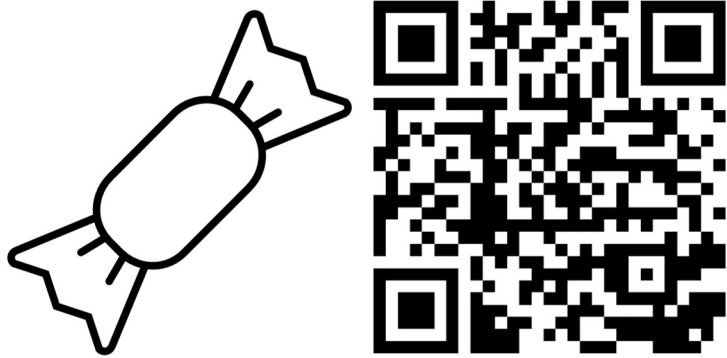
<https://uramfamilytherapy.com/activities/>



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



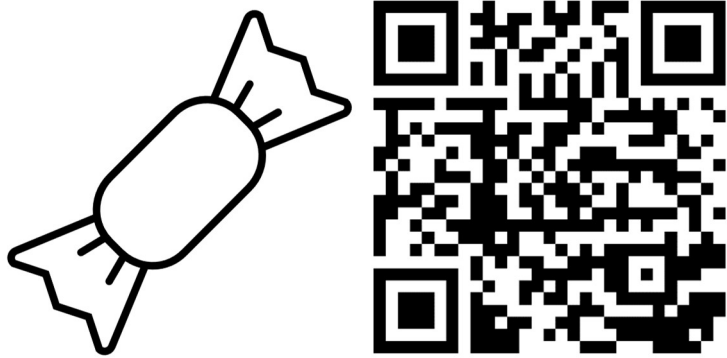
<https://uramfamilytherapy.com/activities/>



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



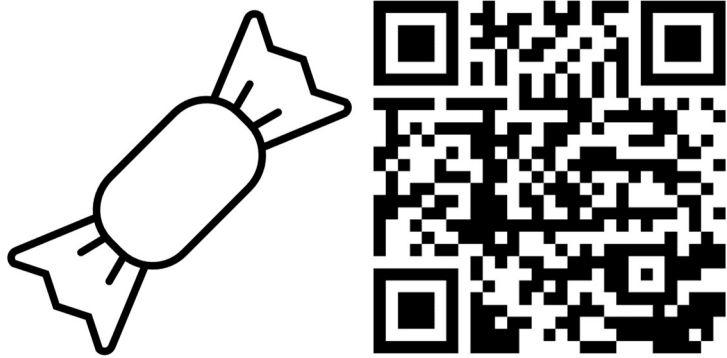
<https://uramfamilytherapy.com/activities/>



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



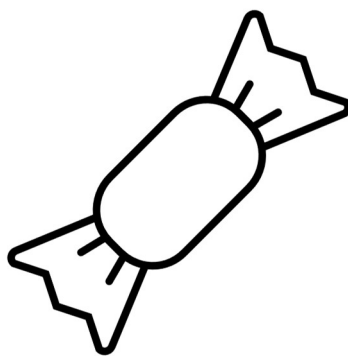
<https://uramfamilytherapy.com/activities/>



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



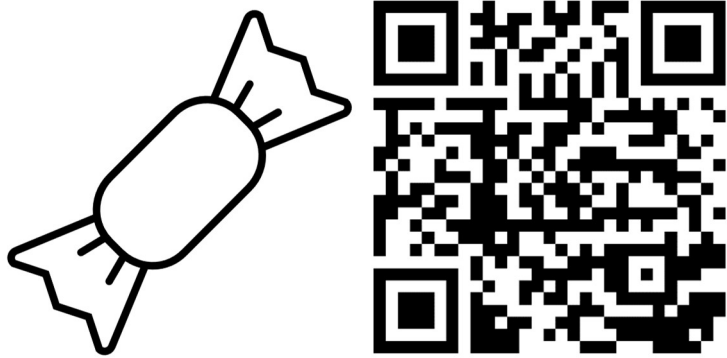
<https://uramfamilytherapy.com/activities/>



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



<https://uramfamilytherapy.com/activities/>

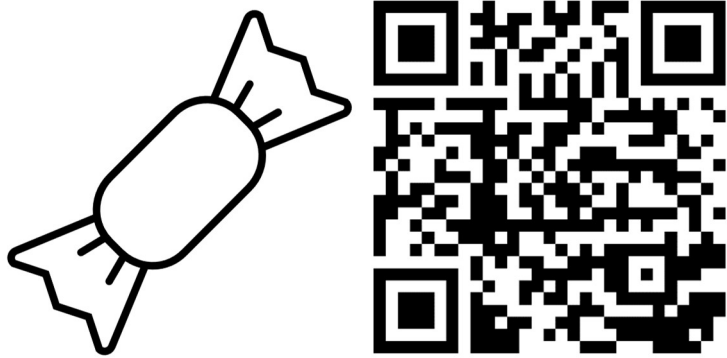




## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



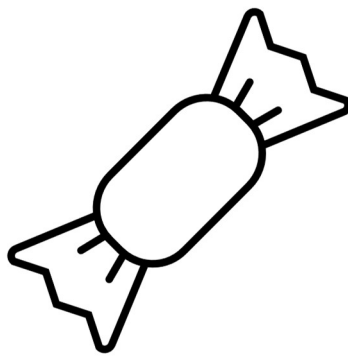
<https://uramfamilytherapy.com/activities/>



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



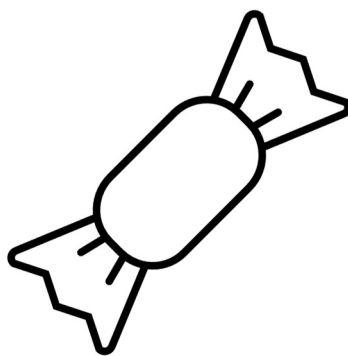
**<https://uramfamilytherapy.com/activities/>**



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



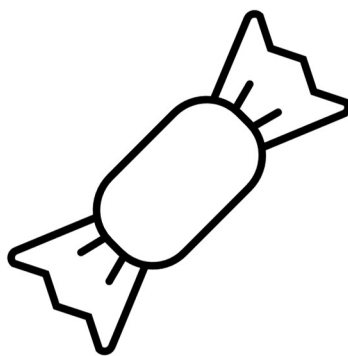
**<https://uramfamilytherapy.com/activities/>**



## **“The Chocolate Challenge”**

**A slightly different approach to increase the chances that you will try out meditation**

I get it, meditation is boring, A stupid idea and completely useless. But what if you get to eat chocolate at the end? In this. Challenge, all you have to do is. For 5 minutes keep. A piece of chocolate in your mouth from melting. Sounds simple, right? It is far from it. You have to keep the temperature of your mouth. As cool as possible, you can't speak 'cause whenever you breathe out the hot air will melt it. . You may keep it on your tongue. You may keep it on your teeth. Any unique idea that you have is more than OK. The only thing that's not OK is for the chocolate to melt. At the end, if you have any chocolate left, you win. Everyone wins. Even if you lose, you then ate chocolate.



**<https://uramfamilytherapy.com/activities/>**