

How to Practice Mindfulness

CHECKLIST

- Dedicate time and space for your mindfulness practice.
- Make a conscious effort to focus on the present moment, without judgment.
- Allow yourself to do nothing and just be.
- Don't think about the past. Don't plan the future. Don't look at the time.
- Pay attention to your thoughts, words, actions, and motivations.
- Notice your judgments and let them pass.
- Return to the present moment.
- Don't be too hard on yourself when your mind wanders off during practice. Gently bring your attention back to present.

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