

How to Practice Mindfulness

C H E C K L I S T

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