

1.) START SIMPLE

Start your practice by paying attention to a task you already perform regularly.



Example: At your next meal, pay attention to the flavors of not only your first few bites (the easiest parts of a meal to be mindful of) but several bites later.





Neuroscience has revealed that even a brief meditation practice can cause important changes in our brains.

Example: Instead of forcing a long practice, start with a manageable time that will help you to establish a routine - perhaps 5 minutes a day?

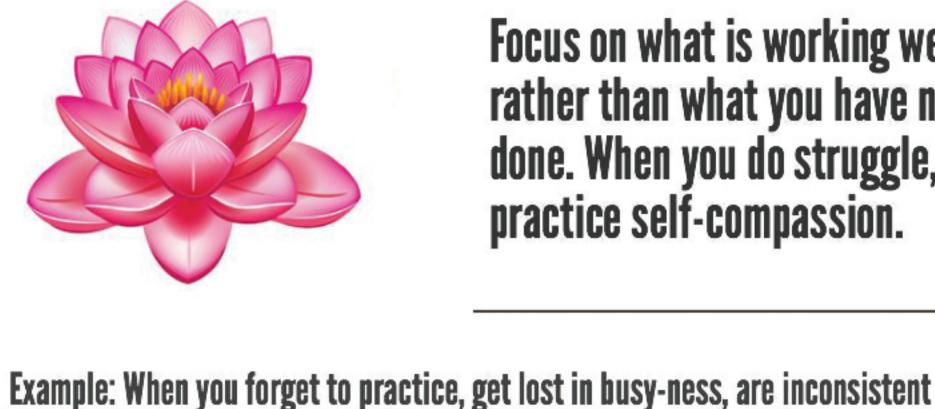
3.) DO WHAT YOU ENJOY

To help make it a habit, pair your practice with what you are most motivated to do.



Example: If you enjoy walking each morning, try mindful walking as a starting point. If you spend lots of time outside, try being mindful of your breathing while enjoying the outdoors.

4.) PRACTICE FORGIVENESS



Focus on what is working well rather than what you have not done. When you do struggle, practice self-compassion.

with your daily practice, or your mind wanders, forgive yourself.

5.) USE YOUR STRENGTHS

Consider how you can use your character strengths to overcome any obstacles in your way.



wander, try expressing gratitude for having a mind that notices the wandering.

FOR THE COMPLETE ARTICLE VISIT: https://www.psychologytoday.com/blog/what-matters-most/201509/how-practice-mindfulness-5-tips-no-one-has-told-you





