40 Ways to Bring Mindfulness to Your Days
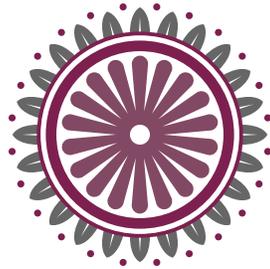
Mindful Everyday

At any moment of our day, we can bring our awareness to our body, our thoughts, our emotions, and our surroundings.

TECHNOLOGY

1. Take a deep breath before checking -- and sending -- email
2. Set an alarm on your phone once a day as a mindful reminder
3. Set your unlock screen to an image that reminds you to pause
4. Set your email notification sound to a bell, and take a deep breath when it rings
5. Leave the phone/iPod at home when you go for a walk or run

BODY AWARENESS

Take a deep breath and bring your attention to your:
6. Face
7. Neck and shoulders
8. Posture
9. Hands
10. Whole body

Mindfulness is an innate human capacity. It is our ability to attend to the present moment, with curiosity and without judgment.

DAILY ROUTINES

Bring your mindful awareness to one of these daily activities:
11. Brushing teeth
12. Taking a shower
13. Drinking coffee
14. Eating a meal
15. Getting out of bed
16. Getting dressed
17. Writing a to-do list
18. Taking your first step outside
19. Waiting in line
20. Turning on a light
21. Turning on your computer
22. Exercising
23. Opening a book
24. Sitting at a red light
25. Getting into bed

CLEANING

Cleaning is a way of honoring our physical surroundings and nurturing those who live with us. Bring your awareness to:
26. Dusting
27. Washing dishes
28. Folding laundry
29. Vacuuming
30. Cooking

PARENTING

31. Bring your full attention to playtime
32. Check on your sleeping littles before you go to bed
33. Let the call of "Mom!" or "Dad!" be a call to mindfulness
34. Create a special bedtime ritual
35. When picking up the kids, or coming home from work, breathe mindfully to shift into parent mode

MINDFULNESS WITH OTHERS

38. Make eye contact
39. Truly listen -- without trying to think about your response
40. Practice gratitude -- what is everyone thankful for today?

BREATHING

36. Three times a day, take three deep breaths
37. Where do you most notice your breath -- the belly, your lungs, or your nose?