

Mindfulness in Everyday Life

“Mindfulness training is about your life. It isn’t about the time you meditate on a cushion or chair. It is about learning to be awake for each moment of your life. So, bringing your training into the moments in the day is a necessary requirement.

The good news is that you can bring your training into everyday moments without adding any more demands on your already too-packed schedule. I like to call these moments **Purposeful Pauses**. It isn’t just about stopping, it is about noticing what is here to be noticed when you stop. And it is about redirecting the attention when it takes off into the future or the past.

This is a continuation of the attention training you experience when you are practicing meditation on your cushion or chair. These Purposeful Pauses allow you to step off the daily treadmill and perhaps find some spaciousness in the day to make more conscious choices.”

- *Excerpt from Janice Marturano from post “5 Tips for Practicing Mindfulness at the Office”¹*

Choose one or two simple activities of daily life and try doing them mindfully over the next week. This means that when your mind wanders off the activity into various forms of thinking you notice it and just bring your attention right back into what you’re doing.

Each week try on doing another activity mindfully. With practice you can become more awake and alive to your life as you live it.

Possible Activities are: washing the dishes, taking out the garbage, brushing your teeth, showering, walking the dog, raking leaves, getting dressed, making your bed, going up or down stairs, opening or closing a door.

My mindful activities are: _____.

Make notes of what you intended to be mindful of, whether or not you remembered, and how it was to be mindful. One of the first steps towards being more awake to our lives is noticing how we are not awake!

¹ <https://www.mindful.org/5-tips-for-practicing-mindfulness-at-the-office/>