

7 Steps of Mindfulness

Set Time For Yourself

Set aside some time every day to focus on practicing mindfulness. It can be as little as 5 minutes a day!

Observe The Moment As It Is

Become aware of the moment. Observe your surroundings, your breathing, the music, or the sounds of the moment. Allow your mind to drift and observe where it goes simply be aware of it.

Embrace What You Love Doing

Become aware and joyful of what you enjoy doing. Bask in the moment and become aware of the joy of what you are doing.

Bring The Joy To What You Don't Like To Do

Replace the feeling of frustration or anger caused by the things you know you need to do but dislike with a decision to presently find reason and purpose.

Be Free Of Judgment

We can often be the toughest judges on ourselves. A common result of this is living in either the past or the future. It is important to go easy on ourselves and allow ourselves to make mistakes.

Return To The Moment

Your mind will travel away from the current moment and that is okay. The practice of mindfulness is training yourself to stay in the moment, so this is good practice to bring yourself back.

Be Kind To Yourself

Understand that this may be new to you. Practicing mindfulness can be difficult and that is why we practice it. Mindfulness can be difficult and that is why we practice it.