

## + Mindful Everyday

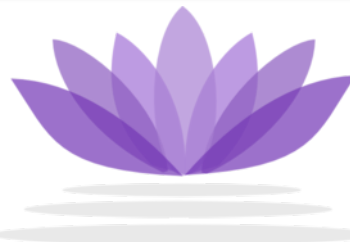
At any moment of our day, we can bring our awareness to our body, our thoughts, our emotions, and our surroundings.

Use these suggestions to create moments of mindfulness – simply pause and BE in the present moment. Be with **what is**.

This can be **life-changing!**

### Technology

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



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

### Body Awareness

Bring awareness to your:

6. Face
7. Neck and Shoulders
8. Posture
9. Hands
10. Whole body



Learn more at [LeftBrainBuddha.com!](http://LeftBrainBuddha.com)

## Daily Routines

Bring your mindful awareness to one of these daily activities that are often performed **mindlessly**:

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 outdoors
19. Waiting in line
20. Turning on a light switch
21. Turning on your computer
22. Exercising/yoga
23. Opening a book to read
24. Sitting at a red light
25. Getting into bed

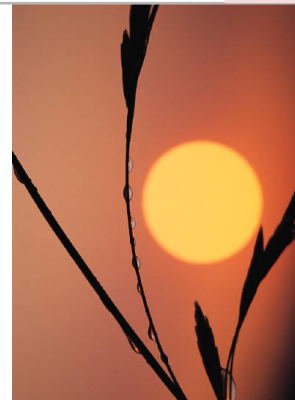
## + Cleaning

Cleaning is a way of honoring our physical surroundings and nurturing those who live with us. Bring awareness to:

26. Dusting
27. Washing dishes
28. Folding laundry
29. Vacuuming
30. Cooking

## Mindful Parenting

31. Bring your full attention to playtime!
32. Check on your sleeping little ones before you go to bed.
33. Let the call of “Mom!” or “Dad!” be a call to mindfulness!
34. Make a special bedtime ritual.
35. When picking up the kids after school or work, breathe mindfully before shifting to parent mode.



## BREATHE!

36. Three times a day, take three deep breaths!
37. Where do you feel the breath: belly, lungs, nose?

## Mindfulness with Others

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