

MAXIMIZING OUR ACTIONS



Simple Things Mindful People Do



There is a lot of discussion about mindfulness lately and the powerful benefits it offers to our health and happiness. Although you may understand the importance of meditation and staying present, you may wonder how to practice mindfulness throughout the day. There are plenty of different ways to incorporate mindfulness into your life, but it may be helpful to consider some common habits that can help you create your own practice.

They don't multitask. They focus on one task at a time and really engage in what they are doing.



1

2

They forgive mistakes and make peace with imperfection. They practice compassion.



They show gratitude for good moments and see bad ones as opportunities to learn and grow.



4

3

They make time for reflection and appreciate the value of silence to hear their breath and thoughts.



They express their feelings. They do not avoid or deny their emotions.



5

6

They nourish their bodies with good food and get outside to move and appreciate nature's beauty.



They laugh at themselves. Some things don't need to be taken too seriously.



8

7

They pause before reacting. They listen, take in information, and consider it before responding.



They practice being curious. They approach even the mundane with awareness and intention.



9

10

They embrace opportunity. Challenge can lead to change and growth.



Sources IdeaPod | Images from Freepik.com