

Small steps still get you where you want to go...

A Quick Guide to Mindfulness

Live in the moment

The only time you really have is now.

While this is easier said than done, you can take a few minutes each day and really focus on what you're doing. When you're putting on your makeup, think about your intentions with each product you apply. When you're cooking your dinner, think about how each ingredient goes toward making the whole thing come together.

Single Tasking

Jack of all trades, master of none.

We have been taught since childhood that if we aren't doing more than one thing at a time we aren't being productive. As it turns out, that isn't true. The key to being truly productive is to give all of your attention to one thing at a time. Try spending 30 minutes doing just one thing today.

Enjoy your coffee

It's not just fuel, it's an experience.

Whatever happened to the coffee break? Now we get our hot drink and head right back to work. When you get your coffee or tea today try to really focus on it. Remember that each leaf or bean went through a lot to get to your cup. Give your coffee break the respect it deserves.

Meditate

That doesn't mean sitting still for 20 minutes.

Meditating is more than trying to clear your mind of conscious thought. There are many techniques that might work for you, from listening to instrumental music, taking a walk in nature, yoga, and yes, the ubiquitous sitting and being still. You can't do it wrong, so find what works for you.

Create

Put your energy toward making something beautiful.

Anyone can create. You might not be Van Gogh but you can still paint. You might not be Homer, but you can write epic poetry. Bringing something beautiful into the world, something you put your heart into, is a good break from the everyday grind.