Everyday mindfulness

Use things you already do every day as mindfulness practice.

Name _____ Date _____

Choose one or two things you do every day and use them as practice. Do them a little more slowly than usual, with all your attention.

Ideas

- ☐ The first drink of the day
- ☐ Showering
- ☐ Brushing my teeth
- ☐ Washing up
- ☐ Walking to the car, bus or shop
- ☐ Eating the first three mouthfuls of a meal
- ☐ Waiting in a queue
- ☐ Listening to one person, fully
- ☐ Putting the children to bed
- ☐ Getting into bed

How

1. Notice what you can see, hear, smell, taste and feel.
2. When your mind drifts to planning or worrying, notice, and come back to your senses.
3. That is all.

The activity I have chosen

Day	Did I do it?	What I noticed
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

What difference, if any, did it make to the rest of my day?

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