

TIPS FOR SUSTAINING DAILY MINDFULNESS PRACTICE



- Do some practice, no matter how brief, every day:
Practicing mindfulness every day is a very important way to keep mindfulness fresh, available, and ready for you when you need it the most.
- If possible, do the practice at the same time, in the same place, each day:
That way mindfulness gets built into the very fabric of your daily routine. Then, just as with brushing your teeth, you don't have to ponder whether to do it—you do it because that's what you always do at that point in your routine.
- View practice like caring for a plant:
Give it a little water each day rather than a bucketful every month. Just as with a plant, nurturing your practice with consistent care and attention will allow it to grow and its natural potential to unfold.
- See practice as a way to nourish yourself, rather than another thing on your *to-do* list:
Remember that practice won't always feel nourishing. As much as you can, let the practice be as it is, letting go of your ideas of how it should be.
- Explore ways to inspire and reinspire yourself to practice:
Read this workbook from time to time. Read other related books or listen to talks and guided meditations on the internet.
- Explore ways to practice with other people:
Practicing regularly with others is one of the most powerful ways to keep your practice vital and alive. Everyone can benefit from a mindfulness *buddy* with whom to practice and share experiences with from time to time. Even if it's only one person, joining with others to practice is hugely, and often surprisingly, supportive.
- Remember, you can always begin again:
The essence of mindfulness practice is letting go of the past and starting afresh in each new moment (as you have already practiced many times coming back to the breath when the mind has wandered). In the same way, if you find that you haven't practiced for a while, rather than criticizing yourself or ruminating about why, just begin again, right there and then by taking five mindful breaths.
- Seek out additional resources that will help to guide and motivate you:
Mindfulness Apps for your smartphone
Or websites such as:
<http://mindfulnessexercises.com/>
<http://www.freemindfulness.org/home>
<http://www.mindful.org/>
<https://www.headspace.com/>