

# How to Practice Mindfulness

## CHECKLIST

- 1. **Dedicate time and space for your mindfulness practice.**
- 2. **Make a conscious effort to focus on the present moment, without judgment.**
- 3. **Allow yourself to do nothing and just be.**
- 4. **Don't think about the past. Don't plan the future. Don't look at the time.**
- 5. **Pay attention to your thoughts, words, actions, and motivations.**
- 6. **Notice your judgments and let them pass.**
- 7. **Return to the present moment.**
- 8. **Don't be too hard on yourself when your mind wanders off during practice. Gently bring your attention back to the present.**

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# Mindfulness Meditation Checklist

**AN Whitehead**



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web the amino acid solutions were at approximately pH 6 prior to the addition of formaldehyde the end point of the titration was at about pH 9 no correction was made for the volume of standard base required to bring the aqueous formaldehyde solution to the end point pH of the amino acid titration and the concentration of the formaldehyde

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