

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.**

NOTES:

Mindfulness Meditation Checklist

Puja Mehta

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle overlapping the right side of the bar.

Mindfulness Meditation Checklist:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Experience Loveis Journey in **Mindfulness Meditation Checklist** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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