

# 6 MINDFULNESS PRACTICES FOR YOUR EVERYDAY LIFE

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1. Find a comfortable, quiet place and close your eyes. Practice focusing on your breathing for 5 minutes.
2. Make note of your judgments and let them pass without worry. Do not feel guilty about them but make a conscious decision to let them go.
3. Make a list of things you are grateful for.
4. Pay attention to one thing you do every day (like brushing your teeth or drinking a coffee). If your mind wanders, just bring it back to what you're doing.
5. Feel your body in the physical world. Sit in a chair and notice how it feels against your body. Hold a stone and notice its weight.
6. Approach one thing with intense curiosity.