



EXERCISES TO IMPROVE YOUR MINDFULNESS



34 BITES.

Over a meal chew up to 34 times for each bite of food. Focus on the taste, texture, and slowing down your chewing speed.

This develops patience against your internal triggers such as immediate gratification.

CHALLENGE YOUR DEEP BELIEFS.

Turn on a television program or radio show that is the **EXACT OPPOSITE** of your beliefs. Make a mental note of how you feel and what thoughts come into your mind when you take in the content.

NOTE: The goal is not to play devils advocate to test your strength, but to stay neutral to opposing opinions.



And these are great too!



CANDLE STARE.

For 10 min. stare at the candle. When your mind wanders, then refocus. Seek to extend your focus time.



'I' EXERCISE

Become aware of every time you use the word "I" in a sentence. This forces us to focus on how self-centered many of us are.



5 BEFORE THE FLOOR

Think of 5 things you are genuinely grateful for in your life **BEFORE** your feet hit the floor upon waking.