

# Mindfulness

by Mark Williams, Danny Penman

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **The Three-Minute Breathing Space**

Three times per day: Stop. Breathe. Notice what's here. Full attention to the breath for one minute. Broader awareness of body, then environment. Resume. Simple. Daily.

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<sup>02</sup> **One Mindful Meal Per Day**

Pick one meal or snack. No phone, no reading, no watching. Just eat. Notice taste, texture, temperature. Most people discover they've been sleepwalking through meals.

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<sup>03</sup> **Practice the STOP Method**

When stressed or reactive: Stop what you're doing. Take a breath. Observe your body and mind. Proceed with awareness. Takes 30 seconds. Changes the trajectory.

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<sup>04</sup> **Body Scan for 10 Minutes Before Bed**

Lie down. Starting at your feet, systematically notice sensations through your body, moving upward. When your mind wanders, gently return. This is the foundation of MBSR.

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<sup>05</sup> **Walk One Place Mindfully This Week**

Walking somewhere - commute, park, around the block - with full attention on the walk. Sensation of feet, breath, sounds. The body moving through space. Not listening to anything.

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<sup>06</sup> **Notice When You've Wanded and Return**

All day, whenever you realize you've been lost in thought, simply note: 'wandering' - and return to the present moment. The noticing is the practice. Not the not-wandering.