5 Tips for Establishing a daily Mindfulness Practice

It can be a huge challenge to establish a daily mindfulness practice. In our busy world there is always something else to do, places to go, things to sort out. These 5 tips can help you to maintain your practice and reap the benefits that mindfulness can bring to your life:

# Know your Motivation

Take some time to think about the reasons that you are meditating and write it down. Some examples of reasons that other people have written are; to manage stress; to feel happier; to decrease depression; to improve concentration and focus; to feel more relaxed; to help anxiety; to sleep better; to manage pain. Whenever your motivation lapses you can take out your written reasons and remind yourself why you’re doing this. When you have some positive effects after a few weeks from practising Mindfulness, write those down too on the same sheet.

# Schedule a time each day

At the beginning of each week write down at what time each day you’re going to practice your mindfulness. It doesn’t have to be the same time every day but research has shown that if you set a specific time to perform a task, you are 8 times more likely to carry it out.

# Stick to the length of time for practice

If you are going to meditate for 25 minutes then stick to that time and commit to it before you start. This gives you the opportunity to sit through the urge to stop and to observe the sensations, thoughts and feelings that may be causing you to want to stop and to work with them in your practice.

# Use guided instruction at first

For the first few months of practice use a guided meditation on cd or mp3, such as the ones provided by this course. After a while you will internalise the meditation practice and may not need to use the guided session, or you may use it occasionally to remind yourself.

# Community

Learning with others and with a teacher is a great way to establish your practice and to gain support to work through the difficulties or barriers to practice that you may experience on your journey with mindfulness. Finding monthly practice sessions is a great top up after you’ve done the 8 week course.