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12 WAYS TO MINDFUL LIVING

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1. **MEDITATE**

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2. BE AWAKE AND **AWARE** IN EVERYDAY LIFE

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3. BECOME AWARE OF URGES - YOU **DON'T HAVE TO ACT** ON THEM

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4. LET GO OF IDEALS - THERE IS **NO ONE CORRECT ANSWER**

5. **ACCEPT** PEOPLE, SITUATIONS AND LIFE

6. **LET GO** OF EXPECTATIONS

7. GET COMFORTABLE WITH **DISCOMFORT**

8. BECOME AWARE OF **RESISTANCE**

9. BE **CURIOUS**

10. BE **GRATEFUL**

11. STOP TRYING TO CONTROL

12. BE **COMPASSIONATE** - TO OTHERS AND TO YOURSELF

Source: <http://zenhabits.net/toolset/>