

LESSON 3: PRACTICING MINDFULNESS

You may have heard of mindfulness meditation. It requires focusing your intention on an object or a mindset. You push everything else aside. It's a guaranteed way to beat stress, anxiety, and even depression. Those negative emotions are productivity killers. They can keep you from success in a lot of endeavors.

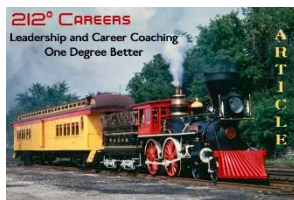
You don't need to be a veteran at meditating to benefit from mindfulness. It only requires that you focus your attention. By practicing mindfulness regularly, you will find that focus is much easier. Distractions fall away. You train your brain to direct your attention to your target.

This means you stay on track instead of losing interest. You have a goal in mind. You know the steps required to get there. Mindfulness ensures that you take each step outlined in your plan, which leads unerringly towards success.

Here's a basic mindfulness definition.

Mindfulness means paying close attention to the present moment. You focus intently on an object, a process, or your breathing. You don't judge your thoughts. If distractions pop up, you push them aside and return to whatever you are working on. This practice makes you aware of your thoughts, emotions, and physical sensations in the current moment.

Think about this in your routine. You are mindfully aware of driving your car to work. Practice mindfulness on your tasks, at home, and on the job. You can be mindful while washing the dishes, doing laundry, gardening, or anything.



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