

## Guidelines for Daily Practice of Mindfulness

The following notes offer you some very simple yet powerful guidelines for daily reflection to help you continue to integrate the principles and practices of Mindfulness into your daily life-work-&- relationships.

Though these activities require minimal time they can deliver tremendous value to your life. These daily reflections will encourage you to be more mindful and attentive throughout the day to the workings of your mind and help you to recognize more options and make wiser choices. By weaving these simple reflections into your daily life-work your learnings will continue to deepen over time.

### Daily Reflections:

Remember:

*Choice follows awareness.*

*Your life is your learning laboratory.*

*Your life is the experiment.*

*What gets fired, gets wired!*

*It is ALL about Learning!*

### Morning Reflections:

Wake-Up!

The first moment of your day that you are

awake-that-you-are-awake

smile to yourself, reach up and touch your heart,

and softly sigh to yourself...((( Ah )))

Embody this Mindful Wakeful Presence!

In that moment catch the waves of your breath

to help you stream your awareness

here...now... focus...flow.... receive...&... radiate inspiration...

Affirm your dedication to being more mindful

and present throughout your day.

**Then...**

From this state of clarity and flow,  
Pause for a few moments to reflect upon your current reality  
and the challenges and opportunities that this day holds.  
Listen deeply for guidance regarding:

***"What is important for me  
to remember, keep in mind, and stay true to today?"***

Listen deeply for this guidance and write down a word, image, phrase, or  
declaration that reflects the essence of this focusing theme.  
Frequently throughout the day pause to remember  
and affirm this focus for your attention.

**Throughout the Day:**

Be attentive to where your attention flows... and be clear on your intentions.  
When you notice that you have lapsed into mindlessness,  
smile to yourself...  
Reach up and touch your heart...  
Softly sigh  
((( Ahhhhh )))  
And "reboot" your Clear Mindful Presence  
in that moment  
remember and re-affirm your focus theme for the day.  
With that focus clearly in mind  
then bring your mindful, clear, presence  
to whatever you are doing  
and to whomever you are with.

## Evening Reflections:

### Pause to reflect on your day using the "Four Rivers."

The Four Rivers are drawn from the wisdom of the Basque people who say that if you swim in these rivers every day you will live a fulfilled and meaningful life.

Where today were you:

- Challenged?
  
  
  
  
  
  
  
  
  
  
- Surprised?
  
  
  
  
  
  
  
  
  
  
- Inspired?
  
  
  
  
  
  
  
  
  
  
- Deeply Moved or Toucheded?