

I live consciously

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I make deliberate choices about my feelings, thoughts, and actions.

I slow down. **I focus on one task at a time.** I schedule adequate time for errands and chores. When I feel pressured, I remember my priorities and limit nonessential obligations.

I meditate regularly. I sit down and calm my thoughts. I breathe deeply. I breathe in energy and breathe out tension.

I take breaks. I pause between phone calls and meetings to refresh my senses and charge myself up for the next project.

I savor my food. I delight in the textures, colors, and tastes of fresh fruits and vegetables. I quench my thirst with pure water and fragrant teas. I indulge in occasional treats without any guilt because I know that I eat sensibly most of the time.

I focus on the purpose behind my work. I think about how I am contributing to society or helping others to fulfill their needs. I feel gratified and connected.

I enjoy my leisure time. I hang out with family and friends. I work on my hobby.

I listen closely. I give others my full attention. I care about what they have to say. I want them to know that they are important to me. I can learn from the experiences of others. I can validate their feelings and help them with their struggles.

Today, I enjoy the present moment. I move through my day consciously and deliberately with a smile on my face and peace in my heart.

Self-Reflection Questions:

1. What is the relationship between simplicity and mindfulness?
2. How can I develop a consistent meditation practice?
3. How would my life change if I developed greater mindfulness?