



WHY... MINDFULNESS IS THE ULTIMATE HABIT FOR SUCCESS!

By Matt Tenney

There are habits you can develop that impact nearly every aspect of your personal and professional success. Running is a great example, because people who run regularly see powerful benefits, like having more energy, thinking more clearly and getting sick less often. I am a runner and a huge proponent of running, but I realize that for many people, regular running will never become part of their lives. It's a habit that requires a lot of effort, sweat and sometimes even pain. Fortunately there is another habit that impacts nearly every aspect of your success, as well. This habit requires about as much effort as remembering to look both ways before you cross the road and definitely doesn't require sweating. In fact, it doesn't even require you to add anything to your schedule. It's the habit of being mindful. Mindfulness is often described as sitting still, breathing deeply and paying attention to your breath. Although that certainly can be a mindfulness practice, being mindful is simpler and