**22 Ways to be mindful all day, every day**

All too often, we think that [being mindful](http://www.mindbodygreen.com/0-12718/you-cant-have-a-mindful-life-unless-you-have-these-3-things.html) requires engaging in a special activity like meditation. Whilst our daily formal practice is really important, there are also lots of other simple things you can do to be mindful all day long. Here are 22 of them. Think of them "Easy Habits" that are easy to do:

1. Stretch first thing in the morning. Doing some stretching and breathing when you wake up in the morning, this will energise you and centre you for the day ahead.

2. Drink lots of water throughout the day, starting with a glass at breakfast. Your body dehydrates overnight, so refilling the tank early will help you be more present and energetic throughout the day.

3. Chew your food slowly, enjoy the texture and the taste. You will be more satisfied with less food and more likely to notice other subtleties throughout the day.

4. Write down your top three priorities for the day first thing in the morning. You’ll be a lot less likely to get caught up in mindlessly reacting to whatever hits you.

5. Listen to music that moves or make a conscious choice to listen to things that nourish you rather than deplete your mind and heart.

6. Write a journal to capture your reflections about how you are continuing to engage in mindful activity. Over time, you’ll create a record of your life that will provide valuable perspective.

7. Ask yourself, “What’s working right now?” No matter how bad things seem, there is almost always something that’s going right. Mindfully build on that.

8. Breathe deeply. If you take three deep breaths from your belly before and after every conversation, you will be more present during the conversation and be able to clear your mind after.

9. Slow down! If you take a moment to stop and smell the roses, you'll have more appreciation for all the beauty and abundance that life has to offer.

10. Practice "transformational listening." Listening fully and without an agenda builds the relationships and potentially makes life more fulfilling.

11. Stretch and move often. Get out of your chair regularly for at least five minutes every hour to optimise your health and well-being.

12. Go out for lunch. Take lunch away from your desk/place of work, and eat at least one part of it mindfully. Your body and brain deserve the break!

13. Get outside! No matter what the weather is like, learn to appreciate ‘the now’ by enjoying the beauty of the outdoors, regardless of your scenery.

14. Tell someone how much you appreciate them. Be specific. It may be the first time anyone has ever shared that compliment with them. What a gift!

15. Notice what timeframe your mind is in. If it is in the past or future, gently bring it back to the present.

16. Question your assumptions. Expand and challenge the way you look at people and situations.

17. Call an old friend. It will warm their heart and yours!

18. Move your body in a mindful way for at least 30 minutes. Think of it as a moving meditation.

19. Put your phone in a drawer for at least a couple of hours when you get home each evening. You may be surprised and delighted by what you notice.

20. Write a personal note (on paper) to say “Thanks!” or “I love you” (or both!) There is a good chance that person will cherish it forever.

21. Take time each day to reflect on why you are here. Celebrate one thing you did today that served that very purpose.

22. Get a good night’s sleep. Keep your smart phone and tablet out of your bedroom. The light from them messes up your sleep pattern. You need a good night’s rest for a great day tomorrow!

What are your favourite easy to do things throughout the day that make a difference in being more mindful?

Adapted from Scott Eblin 2014