

How to Do Tasks Mindfully

To do tasks mindfully, you need to do the following:

- Focus and shift your attention between your thoughts, feelings, physical sensations, and actions in order to be mindful of your present-moment experience.
- Let go of distracting thoughts and judgments by allowing them to float past without getting stuck on them so that you don't get distracted from what's happening in the present moment.
- Use radical acceptance to remain nonjudgmental.
- Use wise mind to make healthy decisions about your life.
- Do what's effective in order to accomplish your goals.

Some people find it helpful to use a memory device—like the following one—to remind themselves to do tasks mindfully:

“Mindfulness Is Like a FLAME”

Focus and shift your attention to be mindful of the present moment.

Let go of distracting thoughts and judgments.

Use radical **A**cceptance to remain nonjudgmental.

Use wise **M**ind to make healthy decisions.

Do what's **E**ffective to accomplish your goals.