

# How to Practice Mindfulness

## CHECKLIST

- ☐ 1. **Dedicate time and space for your mindfulness practice.**
- ☐ 2. **Make a conscious effort to focus on the present moment, without judgment.**
- ☐ 3. **Allow yourself to do nothing and just be.**
- ☐ 4. **Don't think about the past. Don't plan the future. Don't look at the time.**
- ☐ 5. **Pay attention to your thoughts, words, actions, and motivations.**
- ☐ 6. **Notice your judgments and let them pass.**
- ☐ 7. **Return to the present moment.**
- ☐ 8. **Don't be too hard on yourself when your mind wanders off during practice. Gently bring your attention back to the present.**

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# Checklist Therapy Techniques

**Hongru Du**



## **Checklist Therapy Techniques:**

## Whispering the Techniques of Language: An Emotional Quest through **Checklist Therapy Techniques**

In a digitally-driven world wherever monitors reign supreme and quick interaction drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within words often go unheard. Yet, set within the pages of **Checklist Therapy Techniques** a charming fictional treasure pulsing with natural emotions, lies an extraordinary journey waiting to be undertaken. Written by a skilled wordsmith, that marvelous opus invites visitors on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within ab muscles fabric of every word. Within the mental depths of the poignant evaluation, we shall embark upon a honest exploration of the book is key subjects, dissect their fascinating publishing style, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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