

HOW TO BE MINDFUL

TIPS TO HELP YOU ACHIEVE YOUR GOALS

SLEEP

Make sure you get enough sleep. Sleep can be crucial in helping to rejuvenate your body, especially when you're stressed. Try and aim for 8hrs a night.



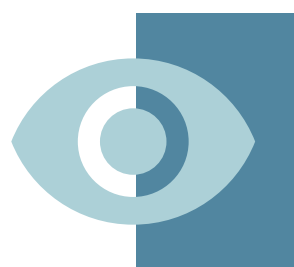
MEDITATION

The epitome to mindfulness is meditation. If you struggle with this, try going for walks in a quiet neighbourhood or sit and listen to some peaceful music. Try creating your own practice with meditation apps and videos.



LET GO OF JUDGEMENT

Practice letting go of all judgement. This can be the hardest task for many people. Try starting with noticing when you are judging, either yourself or others. Pause and ask yourself why you think you are doing this. Don't be so hard on yourself. Achieving your goals takes time. It won't happen overnight, so don't expect that it will.



BE PRESENT

Try and be present. Choosing to live in the past robs you of the enjoyment that you will find today. It robs you of truly living. Thinking about what you have done or are going to do will only stress you out more. Think about what you can do today to help you achieve your goals.

