

## **4 Ways to Be Mindful on Your First Day**

Most of us want to improve our lives, some of us are looking for a little boost, and some are looking for a big change. If you're reading this, then you're probably interested in exploring ways where you can make each day a little better than the day before. Next thing we know, we've built a very pleasant and rewarding life for ourselves.

### **Set a goal or intention**

One of the best ways to get started each day is to spend a moment thinking about what you can do to create a good day for yourself, or how to avoid hurdles or pitfalls that may sabotage your day. It only takes a small amount of preparation, but it's very important to set an intention for the day. This might be something like:

- I want to remember to pay more attention to my children when they're speaking to me
- I want to feel truly grateful for my coworkers after they do something that helps me
- I want to stop getting so annoyed while I'm in traffic
- Or even, I want to take a moment to stop and smell the roses and appreciate the good things around me

No matter what your intention is, and no matter how big or how small, the best thing that you can do is decide to do it in the morning, and then commit to it for the entire day. You'll also want to find ways of remembering your commitment as you go through your sometimes hectic day. And that's what the next tips focus on.

### **Wear something that reminds you**

I learned a small trick many years ago. If I wanted to remember something later that day, then I would take my watch off of my left wrist and put it on to my right wrist. This felt unnatural, and that's exactly the point! Periodically during the day you'll notice that something is different, and that serves as an excellent way to remind you of what your day's intention is. You may also want to wear a bracelet or beaded mala (<https://japamalabeads.com/what-is-a-mala/>), these are becoming increasingly popular for both men and women. They come in many shapes and colors so you can coordinate, and each time you notice it, it will be a reminder to remember your intention.

### **Leave yourself notes**

You can have a lot of fun with this one. If your goal is to remember to smile more often, then put a sticky note with a smiley face on your door as you walk out of the house, you and your family will all enjoy seeing it when you return home. Another fun way to use notes is to make light of the situation, so if you get annoyed during traffic, put a "I know I can survive this trip home!" note in your car that reminds you when you get back into your car at the end of the work day. Whatever your goal is, think of ways that will make it fun for you, and also remind you of the good that you are doing in your own life.





### **Set check points**

This also only takes an extra minute or two, but you can set a reminder on your electronic device and use it to make sure that you stay on track with your daily goal. Another great checkpoint is at meals. As you sit down for your lunch take a brief moment to think about your intention again, and also think about what went well so far, and what you might want to do a little differently for the remainder of the day. Each checkpoint is an opportunity to be grateful, and also to be motivated to get you to your better spot in life.

Finally, at the end of each day, remember to be grateful for any amount of success and use this success as motivation to continue with your intentions every day.

