



*A meaningful life is lived
with attention and
intention*

mindful life program

Daily Mindfulness Instructions

1. Upon awakening, take a moment to consciously call to mind the following:

I am fortunate to be alive, I have a precious human life, and I am not going to waste it. This day will never come again and I am going to use it to develop myself, to expand my heart out to others; to live a life that is meaningful to me and is beneficial to others.

2. Guided mindfulness of breath meditation with three thoughts. Or on your own do the following:
 - a. Get into to your meditation position, relax and follow your breath for a short time. Then call to mind an accurate assessment of your life - with all of the suffering in the world, reflect on how fortunate you are to have the life of opportunity you do. Bring to your awareness all of the things you have to be grateful for. Make it relevant and personal.
 - b. Then reflect on the impermanent nature of life. Call to mind the truth that death is certain and the time of death is uncertain. Think of all those you have known that have passed away. Don't do this in a morbid way, but as an affirmation of the precious and fragile nature of life. To remind yourself that this day is a gift and will never come again – you have it but once.
 - c. Contemplate what will be important to you at the time of death. Is it all the things you typically worry about throughout the day? What will really matter? What is a meaningful life to you? How do you want to live this day? Set your intention to live today with attention and intention.
 - d. Transition to formal meditation session of your choice.
3. After meditation, take time to read and contemplate the Four Immeasurables.
4. Set your intention/motivation for the day and fill out your daily mindfulness sheet.
 - a. Fill in up to 6 different times that you will check in throughout the day. Pick times that fit your schedule for that day. It is best to pick times that are a natural break in your daily activities.
 - b. Be mindful throughout your day, be aware of your breath as much as possible. At the designated times, stop, relax, and take 3 mindful breaths. Then note any skillful (SK) actions or any unskillful (USK) actions you have had.

At the end of the day, review your day. Contemplate the benefit of your skillful activities and then reflect upon how you could improve the unskillful ones. **Recommended** – Do the guided transforming unskillful events meditation.