

Mindful Awareness of Routine Activities



To start developing your mindfulness muscle, choose one of these routine activities (or something similar) and each day for the next week attempt to pay attention while doing it, as best you can. Just do what you normally do, even if it is a mundane task, but try to be fully present (use all your senses) while you are doing it.

- Feeding your child
 - Drinking a coffee
 - Taking a shower
 - Preparing or eating a meal
 - Walking your dog
 - Driving your child to school
 - Filling the washing machine or Dishwasher
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- An example: Loading the washing machine. Can you feel the texture of the clothes? Are they all the same in color? Are some of the clothes wetter than others? Noticing the movements of your hands as you load the clothes into the machine, and how your body bends while loading. Turning on the machine and noticing the sound it makes.
 - Another example – Drinking your first cup of coffee in the morning. When drinking your coffee, hold the mug in your hand and feel the warmth, as well as the texture of the cup. Notice the color of the coffee, perhaps black and shiny, or creamy and frothy? Breathe in the scent and aroma of the coffee as you raise the cup towards your mouth. Then take the first sip, savoring the taste and temperature.
 - You may notice your mind wandering as you engage in these activities. By noticing that, you will become aware of the array of thoughts you have,

how they come and go, and you will practice drawing your attention back to being mindful of your chosen activity, building your mindfulness muscle.

- Record any observations here or in your CIP journal

What activities did you observe mindfully?

What senses did you attend to?

What did you notice when you engage in a routine activity with mindfulness?