

Here is a list of some Mindful Activities, many that you may already do. Yet, how is it to engage in these activities mindfully, through mindfulness practice?

One at a time, we engage with what is present:

Cooking / Washing Dishes / Sweeping / Mopping / Vacuuming / Cleaning (Bathroom, Room, Kitchen, Fridge, Oven, Car, Bike) / Homework (with Self, Child, Partner) / Showering / Resting / Napping / Dancing / Trimming Nails / Shaving / Delinting Clothes / Ironing / Sewing / Laundry / Folding Laundry / Mending Clothes / Gardening / Grooming Pet(s) / Feeding Pet(s) / Walking Pet(s) / \*Planning (with Self, Child, Partner, Work) / Preparing a Meal / Work / Internet Searches / Attending a Meeting...

and oh yeah... Turning Toward THAT Activity You Do Not Like :-)

\*we plan for the future in the present moment.