

5 Habits of Present-Minded People
Presented by
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*“To change
your life,
change your
habits”*

A Grounding Morning Routine

The first part of the day set the pathway for your attention to follow for the rest of the day. If you start your day scrolling through your cell phone, mentally running through your to do list and rehearsing conversations that may (but probably won't) happen, then it is likely you'll continue your day with a busy mind. Instead try easing into your day.

Doing One Thing at a Time

A couple of decades ago multitasking was encouraged. But then the science caught up and showed that this much loved practice had a downside. Multitasking reduces productivity and damages your brain

Enjoying Idle Moments

Idle has been given a bad rap. But the term doesn't mean lazy. It simply means to rest. Idle time is not wasted time. Attention needs space to rest, recover and reorient itself. When you're waiting in line, waiting for a friend, or waiting for the light to change, resist the temptation to check your messages

Exercising Impulse Control With Technology

The dominant senses that distract your attention are sight and sound and mobile technology plays on both. If your day is filled with constant interruptions consider another way. The art of paying attention is the art of wise choices. When email and message alerts intrude, see them as a chance to give your impulse control some exercise.

Connecting Regularly With Nature

Fresh air, the sun on your face and the deep green of tree leaves. Nature has a way of awakening your senses and forcing you out of your own head.

Instead of deferring natural pleasures to the weekend, think about how you can incorporate connecting with a slice of nature each and every day. Even five minutes can give you the invigoration you need.



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