

## Mindfulness - Day to Day

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### Appreciation

- Stop several times during the day and consciously identify what you could appreciate right now. It could be something about yourself, something about another person or your environment, or it could be something that your body is doing or feeling. Be curious and ask, "Is there something I can appreciate right now?"
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### Remove Unnecessary Words

- first become aware of the words and phrases you use and try to avoid the unnecessary words; words that do not add meaning to what you say, e.g. "Er," "so," "hmm," "somehow," "anyway," "actually." When do you use these filler words - and why?
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### Impatience

Become aware of the impatience when it turns up during the day. Pay attention to signals in the body (drumming with your fingers) and the chatter in the mind („Come on, hurry up!"), which accompany your impatience. Ask yourself: "Why am I in such a hurry?" What do I want to speed up or get started? ". See what answers come up

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This person could die tonight.

- When you meet people, talk to a person on the phone, remember that this person could die tonight. This could be the last time you talk to this person. Pay attention to how you are now listening, talking or interacting differently.