

PRACTICE: WHAT'S NEXT?

As noted previously, the last session lasts for the rest of your life. If you decide to keep living in a more mindful way or to develop it further, it may be useful to reflect on how you could integrate mindfulness into your everyday life after this course. Setting up a regular time to practice will help you integrate the exercise into your daily life. Perhaps make an appointment with yourself to complete these exercises.

I choose to continue doing the following exercises, at the following times, for the following durations:

“I’m going to do the following to ensure that I can complete the exercises”:

* Here you can consider actions to make the exercises easier or more enjoyable. For example, to adjust your routine to get up a little earlier, to meditate with a friend, to choose or set up a private place in your house or elsewhere.