

How to reflect and assimilate to complete your mindfulness transformation

Reflect

At the end of each day, reflect on your thoughts, conversations, and actions. Take note of the times you felt aligned with your intention and the times you didn't. Without being too hard on yourself, note your highs and lows.

Assimilate

A significant component of mindfulness is nonjudgement, and you can practice this by allowing yourself to assimilate the day's events and accept them. As you work to achieve greater mindfulness, you may fall off track. It's OK. Don't get hung up on the negatives, and look at everyday as a new start.

