



3 POWERFUL HABITS OF  
MINDFUL PEOPLE YOU CAN  
EASILY ADOPT

Practice transformational listening

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### **3 Powerful Habits Of Mindful People You Can Easily Adopt**

Practice transformational listening

In today's busy world, it can be difficult to find time to slow down or focus on being more present. Living in the present is difficult but not impossible.

Most people run their days on autopilot. They juggle multiple tasks without taking time to allow their minds to take a break, notice even the tiniest experiences around them or letting their minds be more present.

They are so busy with urgent but unimportant tasks that they miss life as it happens and fail to notice and enjoy the small but beautiful moments of their days, weeks and months. Their busy lives have taken away their ability to truly appreciate the little things in life.

Creating deliberate moments of awareness in your life shouldn't be complicated. **You don't have to engage in a special activity like meditation or yoga to be mindful every day.**

"If you're observing and bringing awareness to anything in a way that allows you to experience it fully, you've already got a jumpstart on building more mindfulness into your life," says Erin Margolis, a licensed clinical psychologist.

**You are mindful when you pay attention on purpose, in the**

**present.** There are many simple things you can do every day to be consciously aware of your choices, feelings, senses and mind. Here are 3 simple things you can do every day to create moments of awareness in the present.

## 1. **Start noticing the small things you unconsciously ignore around you**

To experience true awareness and live deliberately, start noticing the tiny details people normally ignore.

When you approach your daily activities with mindfulness, you allow yourself to see the little things you unconsciously neglect. You become calmer, make better decisions and more productive because you are mindful enough to notice the subtle things that are happening around you.

**Be willing to be surprised.** Take in your surroundings no matter where you are, notice things that you wouldn't usually even think about, view things through new eyes. Take in the world around you the moment you wake up — the morning sunrise and the stillness in the morning.

Whether you are exercising, walking, cleaning your desk, journaling, having a conversation with others, listening to music or writing down your priorities for the next morning, slow down and concentrate deeply on what you are doing. We have more

possibilities available in each moment than we realize. Taking time to recognize even the smallest actions around you can help you see life from a different perspective. When life is intense, you lose a sense of the present moment and worry too much about what's ahead of you.

When we take time to be conscious of everything you are doing, you appreciate everything you choose to do. You are also “**more fully present and grateful for each day**, knowing that the days are fleeting and precious, slipping away from us and not to be taken for granted,” argues Leo Babauta.

## 2. Get a creative hobby you deeply care about

Creative activities like writing, drawing, painting, sketching, designing, doodling, illustrating, playing an instrument or even pursuing a passion project can help quiet down your mind and help you focus on being present.

**When we immerse ourselves in creative activities, we often naturally experience mindfulness.** It's one of the best ways to keep your wandering mind in control.

Spend some time doing what you enjoy and just be in the moment of creation. Or learn something new, and get lost in the flow state.

Finding your own creative outlet can also bring added fulfillment to your  
life.

We all express our creativity in different ways. Whether you like to draw, write, paint, build, or take photographs, your creative self is mindful by its very nature. Think of one creative activity you could do in your free time and schedule it into your calendar.

The best thing about practicing mindfulness through art is that you have something tangible to show at the end, and you can start small with anything you enjoy doing.

### 3. Practice deep listening

Apart from spending a lot of time in our heads, we also engage in a lot of conversations every day. In your next conversation with a friend or family member, learn to listen fully.

You can practice being more present by listening to another person just for the sake of listening, without distractions or thinking about your next thought.

According to American author David Augsburger, “Being heard is so close to being loved that for the average person, they are almost indistinguishable.”

Being mindfully present in any conversation means providing your undivided attention and seeking first to understand.

Mindful listening is an important skill that can even improve your empathy, develop your self-awareness, deepen your relationships and improves your focus and attention.

“Think of the communication that takes place in your own life on a continuous basis — at home, at work, with friends, and beyond. When you actively listen to people, you enhance communication,” says Susan C. Young, *The Art of Communication: 8 Ways to Confirm Clarity & Understanding for Positive Impact*.

Mindful listening requires you to **give others the space to share without interrupting, advising, or correcting them** while simultaneously bringing curiosity to the conversation.

There is no shortcut to being mindful. All we can do is change the way we live, embrace every event in our life fully and focus on the little things to really appreciate this amazing thing that we call life.