

Mindfulness Monday Message #39 – 20 February 2017

One of the keys to working mindfully is to understand the power of intent. A crystal clear intention makes achieving a goal so much easier. At the beginning of each day, making a solid intention to be present to your work not only gives you something to strive towards, it slows you down, even for just a moment. The other key to a mindful day is reducing the amount of time spent multi-tasking. Welcome mundane tasks by focussing attention solely on them. It can be surprising how many little jobs there are in your day and how precious they can be as additions to a stress-less day.

Dr Annmaree Wilson