You will get something out of this course just by participating. **BUT**, you will get a lot more if you set an intention to practice for at least 10 minutes a day.

Developing mindfulness is like learning to play a new instrument—it requires repetition and training. (We know that you might not always feel like practicing or you might have doubts or critical thoughts that slow you down. **This is normal!** But see if you can gently and kindly try again.)

**Strategies to try:**

- **Meditate first thing in the morning**—before your to-do lists start (and even before you look at your phone).
- **Take 10 minutes during the day** when you need a break and find a quiet place to sit and observe (you don’t need to close your eyes).
- **Walk mindfully to your next meeting.**
- **Take a short, mindful walk when you get home.**
- **Give yourself a cue to be mindful** whenever you do an activity, such as go upstairs, get in the car, or wait for the microwave to finish.
- **If you still haven’t practiced by bedtime,** sit up in bed and give yourself 10 minutes before you lie down.

**So give yourself 10 minutes a day—and go from merely surviving to THRIVING!**