

How to Be More Mindful

Start by treating your mind like a laboratory. What works best for everyone is different. **Your job is to become an expert on yourself, and learn how the tools of mindfulness interact with your own mental landscape.**



1. Mindfulness advice can only point the way

Quotes and teachings are valuable to remind you of your intention, but they can only take you so far.

To make real progress in becoming more mindful, you need lived experience. You need to try and fail. You need to experiment with different practices to see what works for you, and what keeps you motivated.

2. Treat your mind like a laboratory

It's your job to take the practices of mindfulness and apply them to your own mind.

Think of yourself as a mindfulness laboratory. Each technique in the mindfulness arsenal will fit differently into your habits, preferences and inner world. Experiment to see what combination of practices work best for you.

3. Stick to the science

While mindfulness is inherently personal, that doesn't mean you should discount the research on what mindfulness methods are effective.

With dedication, you're likely to see benefit from meditation, gratitude, exercise and other research-backed approaches. But you also have to pay attention to what seems to be working for you, and stop what isn't.