

## Handout 7: Tips for Continued Practice

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1. *Find a time.* We make time for certain activities every day that we can't imagine skipping. If we make time for mindfulness practice each day, it too will become part of a daily routine. Many people find that the morning is an ideal time to practice because it tends to be quieter then and the practice can set a nice tone for the day. However, any time that works for you is fine.
  2. *Make a commitment.* Mindfulness practice is most effective when done every day. Start out by committing to some sort of formal and informal practice daily for 2 weeks, for however many minutes you choose. Then, see how this routine is working and make any necessary adjustments. Ideally, mindfulness practice is an endeavor of choice, not merely another obligation done out of habit or checked off a to-do list. To reinforce this choice, it may be helpful to experiment with choosing not to practice for a time and noting the consequences.
  3. *Create a space.* Identify a specific place to do mindfulness practice each day and make it special. Put a personally significant reminder of your intent to practice in this place. Making a space can also mean opening yourself up to an entirely new form of training, other than the physical and tactical training that is likely to be more familiar.
  4. *Make it personal.* Mindfulness practice is a highly personalized experience, so it's important to develop a routine that works for you. As crucial as it is to build a commitment to mindfulness practice, even with the best of intentions you may not always have as much time to practice as you would like, so remaining flexible enough to make it your own is essential. Of course, no matter how busy we get, it is hard to argue that we don't have at least a few minutes to stop and be present. Like physical training, mental training needs to be a personal priority to be effective. You can continue to use the audio recordings of the exercises (available at <http://www.mindfulnesssportperformance.org>).
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