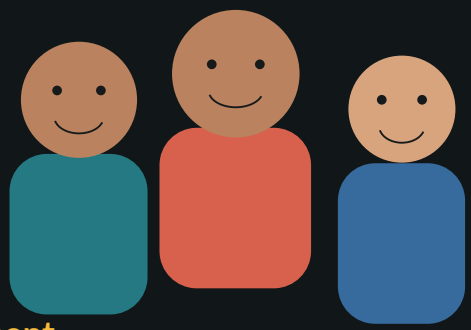
HAPPINESS TRIGGERS • PRACTICAL WORKBOOKS

MINDFULNESS HABITS FOR EVERYDAY LIFE

Simple ways to practice awareness while eating, walking, working, and living.

ADULTS + TEENS + FAMILIES

DRAW • PRACTICE • REFLECT • REPEAT



You do not need more time. Start with one moment.

14 PRINTABLE PAGES | EVIDENCE-INFORMED PRACTICES

Rev. Dr. Christian Frazier

Mindfulness Educator • Speaker • Author

START HERE

A little practice goes a long way

Mindfulness means noticing your present experience with a curious, less judgmental attitude. It can be practiced during ordinary routines.

CUE

Attach the practice to something you already do.

NOTICE

Choose one sense or body cue to pay attention to.

RETURN

Gently return attention when it wanders.

REPEAT

Measure repetition rather than whether you felt calm.

HOW TO USE THESE PAGES

- [ ] Start with 15-60 seconds attached to an existing routine.
- [ ] Keep eyes open during tasks that require attention or balance.
- [ ] Mindfulness is noticing, not forcing relaxation or perfect focus.
- [ ] Skip or modify exercises that make you feel worse.

SAFETY AND SCOPE

Mindfulness practices are generally low risk, but they may be uncomfortable for some people. These exercises complement, not replace, professional medical or mental health care. Never practice in a way that interferes with driving or supervision.

QUICK BASELINE

Where does my attention go?

Choose a daily moment when your mind often runs ahead or replays what happened.

A routine I already do every day:

My attention usually goes to:

One sound, texture or sensation I can notice:

What I want this habit to help me practice:

TRY IT THIS WEEK

There is no wrong answer. Tracking how often you notice wandering is itself a mindfulness skill.

HABIT STACKING

The after-I-do-X formula

Make the habit so small that it fits even on a difficult day.

01 **Pick an anchor**

Example: after putting my toothbrush away, before drinking water, or when sitting at my desk.

02 **Add one noticing action**

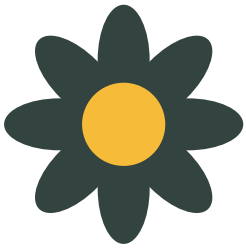
Example: notice the feeling of feet on the floor for ten seconds.

03 **Repeat without judging**

Even if your mind is busy, coming back once counts as practice.

MAKE IT YOURS

Finish the sentence: "After I _____, I will notice _____ for 20 seconds."



MORNING PRACTICE

Mindful teeth brushing

The objective is awareness of a familiar task, not changing how well you brush.

A sound I can hear during brushing:

A texture I can notice safely:

A thought that showed up without invitation:

How I gently returned attention:

TRY IT THIS WEEK

Keep brushing normally and follow dental guidance. You can practice with eyes open and without changing your breathing.

FOOD AWARENESS

Mindful breakfast in three bites

You can experience food without labeling it good or bad.

01 **Look**

Notice the color or shape of the food before the first bite.

02 **Taste**

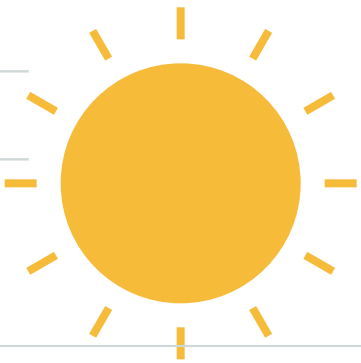
During one comfortable bite, notice texture, temperature or flavor.

03 **Return**

If distracted, bring attention back to the next bite; no guilt needed.

MAKE IT YOURS

Where could you enjoy three mindful bites without a phone?



Five everyday mini-practices

Choose what fits your body, access needs and situation.

CIRCLE TWO OPTIONS YOU WANT TO TRY

Walking

Notice feet meeting the ground.

Hand washing

Notice the temperature of running water.

Making coffee

Notice the aroma or sound.

Opening a door

Feel your hand on the handle.

Waiting in line

Notice posture and one sound.

Before a meeting

Notice both feet on the floor.

MY TWO FAVORITES

For any movement, keep attention on safety and surroundings. Adapt or skip sensations that are unpleasant.

SAFETY FIRST

Driving: mindful does not mean meditating

Mindful driving is alert attention to the road, not introspection.

01 **Eyes and attention on the road**

Notice lane position, following distance and changing traffic conditions.

02 **Use ordinary safety cues**

Observe grip pressure or shoulders only if it does not distract you from driving.

03 **Never close eyes or operate audio**

Do not use breathing timers, guided meditations or phone prompts while driving. Practice deeper exercises only after parking.

MAKE IT YOURS

One safe driving intention: "I will remain alert, leave space and avoid multitasking."



RESET BETWEEN TASKS

One-minute desk reset

A brief mindful pause can fit at the boundary between two tasks.

The task I am finishing:

The next task I choose:

Where I notice tension or energy:

One distraction I will set aside:

TRY IT THIS WEEK

Try this after a meeting, before an email or when you change projects.

AT HOME

Crossing the threshold

The transition from work to home can be an opportunity to choose how you show up.

01 **Before entering**

Pause at the door and notice the ground beneath your feet.

02 **Name your state**

Without criticism, silently note: "tired," "excited," "overloaded" or another word.

03 **Choose your next action**

Decide whether you need water, a brief rest or a welcoming greeting.

MAKE IT YOURS

What doorway or transition could become your cue?



WITH OTHER PEOPLE

Practice mindful listening

Present attention helps conversations feel less like parallel monologues.

SOMEONE STARTS SHARING

REPLACE: "I already know what you mean."

TRY: "Go on. I want to understand your point."

A DISAGREEMENT BEGINS

REPLACE: "You always do this."

TRY: "I notice I am getting tense. Can we slow down?"

YOUR MIND WANDERS

REPLACE: "Sorry, I was multitasking."

TRY: "Could you repeat that last part? I want to give it attention."

YOUR OWN WORDS

Which listening habit do you want to strengthen?

BUILD A PLAYLIST OF HABITS

Pick your three easiest anchors

Start where you already are instead of adding a complicated schedule.

CIRCLE TWO OPTIONS YOU WANT TO TRY

Morning

After brushing my teeth.

Meals

Before the first bite.

Movement

At the start of a walk.

Work

When opening my planner.

Home

When I put keys away.

Bedtime

When switching off the light.

MY TWO FAVORITES

Choose one primary anchor for seven days. Your second and third anchors can wait.

TINY HABIT SCORECARD

Your seven-day mindfulness experiment

Log the cue and the noticing action. A wandering mind still counts.

Day	Cue	What I noticed	I returned?
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			

AT THE END, NOTICE:

What did you learn about attention? What tiny change will make the habit easier to repeat?

KEEP GROWING

Return to this moment

Mindfulness is not an achievement badge. It is a practice of returning to what is here, again and again.

YOUR NEXT SEVEN DAYS

Keep one 20-second practice for a second week. For a longer experience, use the original guided meditations and sound playlists in the Happiness Triggers Listening Room.

REFLECT AND REPEAT

The cue I will keep using:

One benefit I noticed (or did not notice):

LEARN MORE / PROFESSIONAL SUPPORT

NCCIH: Mindfulness Effectiveness and Safety

Harvard Health: Everyday Mindfulness

Educational only; not diagnosis, psychotherapy, or crisis care. If someone is unsafe, seek local emergency help. In the US, call or text 988 for crisis support.