## 5 Mindfulness Exercises You Can Try As Soon As Today

On your journey to becoming mindful, you need to make sure you are using some handy techniques that can make the journey easier. Without proper techniques and exercises, your journey to being mindful will be much more complicated.

In this short tutorial, I am going to cover 5 of the best mindful exercises that can help you. You can start them as soon as today and should start seeing real progress the first time you do them.

## Mindful Breathing

Start this exercise by finding a comfortable spot. You can either do it standing up or sitting down. Here are the best steps to follow for mindful breathing:

1. Start by breathing in and out slowly. Make sure the exhale is at least 6-8 seconds.
2. Breathe in through your nose and then back out through the nose. Make the breath effortless.
3. As you breathe, let go of your thoughts or other things you might be worried about.
4. Be at one with your breath by purposely watching yourself breathe in and out.
5. You should be able to see your awareness start to peak up as you begin to breathe like this.

If you have never meditated before, this is the first step! Being able to breathe and focus on your breathing is a huge part of meditating and being mindful.

## Mindful Observation

This next exercise is called mindful observation. It’s one of the most powerful exercises because it helps you to appreciate and notice the world around you. Even if you are just in a normal environment, mindful observation can help you become thankful for things that might even seem mundane to some people.

The exercise is also meant to connect you to your environment in a more positive way. There are some easy steps to follow to practice mindful observation:

1. First, choose an object in your environment to focus on. Focus on watching it for a minute or two.
2. Relax and allow all your concentration to be focused on this one object.
3. Look at the object as if you are seeing it for the first time.
4. Explore every aspect of the object and allow yourself to connect to its energy.

## Mindful Awareness

This exercise is called mindful awareness and is meant to help you appreciate daily tasks. Think of something you do every day that might not seem important. It could be something as simple as opening the door.

Take a moment as you open the door and just be in this exact moment. Think about how the doorknob feels in your hand. Appreciate that you are here now.

## Mindful Listening

Another exercise you can do is called mindful listening. Start by finding a piece of music you love and then follow these steps:

1. Close your eyes and put on your headphones to listen to the music.
2. Ignore the labels of the music and just focus on what the words are saying and how the music sounds.
3. Explore every part of the track.
4. Listen to the dynamics of each instrument.
5. Focus on the vocals, the range, and the tones.

This will teach you how to listen intently.

## Mindful Appreciation

This last exercise is often the easiest for people. At the end of the day, find 5 things you need to appreciate about the day that might have previously gone unnoticed.

It can be something as simple as your refrigerator magnet or the way your office smells. Write them down to help you focus more on being appreciative.