

Ten-Week Sample Mindful Living Plan

Weeks	<i>inEating</i>	<i>inMoving</i>	<i>inBreathing</i>
1 & 2	<p>No more than two sodas per week; replace with water.</p> <p>Establish a regular meal schedule and do not skip meals.</p>	<p>Mindful moving—2,500 steps per day (or 20 minutes) or equivalent activities of your choice</p>	<p>Conscious breathing (p. 70)*</p> <p>Smiling meditation (p. 190)</p> <p>Waking-up meditation (p. 188)</p>
3 & 4	<p>Eliminate white bread or rice; replace with 100 percent whole-wheat bread and brown rice or other whole grains.</p> <p>Turn off the television and the radio during meals.</p>	<p>Mindful moving—5,000 steps per day (or 40 minutes) or equivalent activities of your choice</p>	<p>Teeth-brushing meditation (p. 189)</p> <p>E-mail meditation (p. 194)</p> <p>Deep-listening-and-loving-speech meditation (p. 195)</p>
5 & 6	<p>Eat fresh vegetables or fruit at every meal.</p> <p>Use smaller plates to encourage smaller portions.</p>	<p>Mindful moving—7,500 steps per day (or 60 minutes) or equivalent activities of your choice</p>	<p>Cooking meditation (p. 198)</p> <p>Calming the body meditation (p. 72)</p> <p>Hurrying meditation (p. 189)</p>
7 & 8	<p>Choose vegetarian proteins instead of red meat and processed meat.</p> <p>Chew well and eat more slowly so you can savor your food.</p>	<p>Mindful moving—9,000 steps per day (or 75 minutes) or equivalent activities of your choice</p>	<p>Standing-in-line meditation (p. 197)</p> <p>Water-faucet meditation (p. 192)</p> <p>Silent-meal meditation (p. 125)</p> <p>Greeting-our-negative-emotions meditation (p. 193)</p> <p>Good-night meditation (p. 199)</p>
9 & 10	<p>Choose olive oil more often than butter.</p> <p>Tune in to your satiety—stop eating when you are satisfied, not overfull.</p>	<p>Mindful moving—10,000 steps per day (or 80 minutes) or equivalent activities of your choice</p>	<p>Love meditation (p.85)</p> <p>Embracing a habit energy with mindfulness meditation (p. 15)</p> <p>Key meditation (p. 198)</p> <p>Traffic-jam meditation (p. 192)</p> <p>Light-switch meditation (p. 190)</p>

