

# A Simple Guide to Continuing Your Mindfulness Practice

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*Mindfulness isn't about getting it right—it's about returning repeatedly to what's here.*

## Basic Practice (5–10 minutes)

- Sit comfortably.
- Bring attention to the breath.
- When the mind wanders (it will), gently return.
- Repeat—this is the practice.

*Nothing has gone wrong when your mind wanders.*

## Building Consistency

- Start small (5 minutes is enough).
- Practice at the same time each day (if possible).
- Consistency matters more than duration.
- Miss a day? Just begin again.

## Everyday Mindfulness

- Take 3 conscious breaths before a meeting.
- Feel your feet on the ground while walking.
- Notice sensations while doing daily tasks.
- Pause before responding in conversation.

*You don't need to change your experience. You only need to notice it.*

Mark Flanagan is a certified meditation teacher and longtime practitioner who facilitates community and workplace meditation sessions centered on grounded presence. His teaching is clear, accessible, and grounded in the belief that mindfulness is developed through steady, imperfect practice. He supports individuals in cultivating sustainable meditation habits that foster a more balanced relationship with the challenges of daily life. Visit [practiceisperfect.com](https://practiceisperfect.com).

