

Mindfulness practice in my life



**ASSIGN
BUSTER**

Part Mindfulness activities are very helpful in live. To a greater extent, I think the element of patience will significantly help me in my daily life in many ways to live a happy and healthy life. As the adage goes, “ it pays to be patient.” In one way or the other, it can be noted that we have aspirations in our lives and we also have specific goals to achieve. Some of the goals are individual, some are organizational and some are academic. The bottom line is that achieving these desired goals is a process not an event. This means that we cannot achieve everything we want overnight. We must have patience in order to achieve our aspirations. We must have the mentality that everything is possible but this can only be done by someone who has patience. Some people cannot wait for tomorrow and this is very dangerous since it often leads to failure to achieve the desired goals in life.

I have chosen this focus because it is not stressful. If you do your things at your own pace, you are rest assured that you will achieve the desired goals one of the days. This gives you peace of mind such that you carefully plan your things in advance. You are also in a position to decide on the exact path to take in pursuit of your goals. You will be under no pressure to such an extent that you may attempt to fast track certain events that simply require taking their due course in order to accomplish them. If you are patient in what you are doing, you are likely to review progress of the course of action you are taking. This can help you review the action being taken and make necessary changes that can help you to achieve your goals.

One good thing about having patience in life is that you will have peace of mind. You do not have any stress that can negatively impact on your normal life. People who are stressed often experience numerous health problems and some can cause severe illness. People who have stress often experience

problems such as loss of concentration in what they are doing. Some of them often suffer from depression and anxiety after realising that their wishes and aspirations are taking ages to be fruitful.

Part 2

I have learned that the subject of mindfulness is quite complex but it is very enlightening since it is comprised of real life events. What I liked most about this subject is that we tend to take some things in our lives for granted but upon a closer look, they are not that simple. This we often view as simple and walk over can be complex and challenging such that you may end up failing to get a solution for such scenarios. I also enjoyed discovering that self confidence is the major goal towards success in whatever you do. If you are confident in what you are doing, there are likely chances that you will succeed. This has been tried and tested by different people and I have also tried it and have realised that it is true. From this subject, I have learnt that I should approach all situations with confidence even if they may be challenging.

What I found difficult is believing in something that you have known for a long time to be false. There are some people who may try to convince others that their beliefs about something they have known since they were young are wrong. I find it difficult to simply believe what is said by another person without empirical evidence to prove it. To a certain extent, I often view certain situations from different angles so that I can make meaningful and informed decisions. This is very important since it helps you to avoid certain pitfalls that can complicate your life to such an extent that you end up blaming others for nothing.

I plan to maintain the practice of mindfulness in life since it is very helpful. It

has taught me a number of real life experiences. I have also learnt to deal with different situations in life such that I am in control of whatever I would be doing. I am interested in undertaking classes that deal with meditation. I am strongly convinced that this subject has something to do with our real life situations as well. This subject is also closely related to mindfulness since it helps us to meditate certain situations in order to visualise the right course of action that can be taken. I think I would enjoy anything related to mindfulness in future.

I think the study of mindfulness will make my life healthy and happy as a result of various reasons. First and foremost, this has helped me to become the master of my destiny. I am in full control of my life such that I will not at any given time blame other people for my weaknesses or failures. More often than not, I have often seen a lot of people who have a tendency of blaming others for any misfortune or bad luck. I am happy that the study of mindfulness has enlightened me such that I can take other situations that can appear to be complex simple. This will put me in a position to accept reality and gain confidence to tackle challenging situations I may encounter in life without blaming other people.