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**LM**

# **Mindfulness on the Go!**

**A Guidebook for Introducing Mindfulness  
for Busy Folks From Parents to CEOs**

**Daniel T. de Lill, PhD**





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# Welcome!

Thank you for purchasing this guidebook. I hope it serves you well! This book will take you through an introduction to living mindfully using the Living Minutes Lifestyle, followed by activities centered around the topic of this guidebook.

I wear many hats (award-winning author, internationally-acclaimed scientist, lauded university professor, and respected life coach), but my true passion and mission is to spread the practice of mindfulness everywhere I can. I developed the Living Minutes Academy to accomplish this purpose of serving others.

Live Mindfully Now!

*Life Captain Dan*

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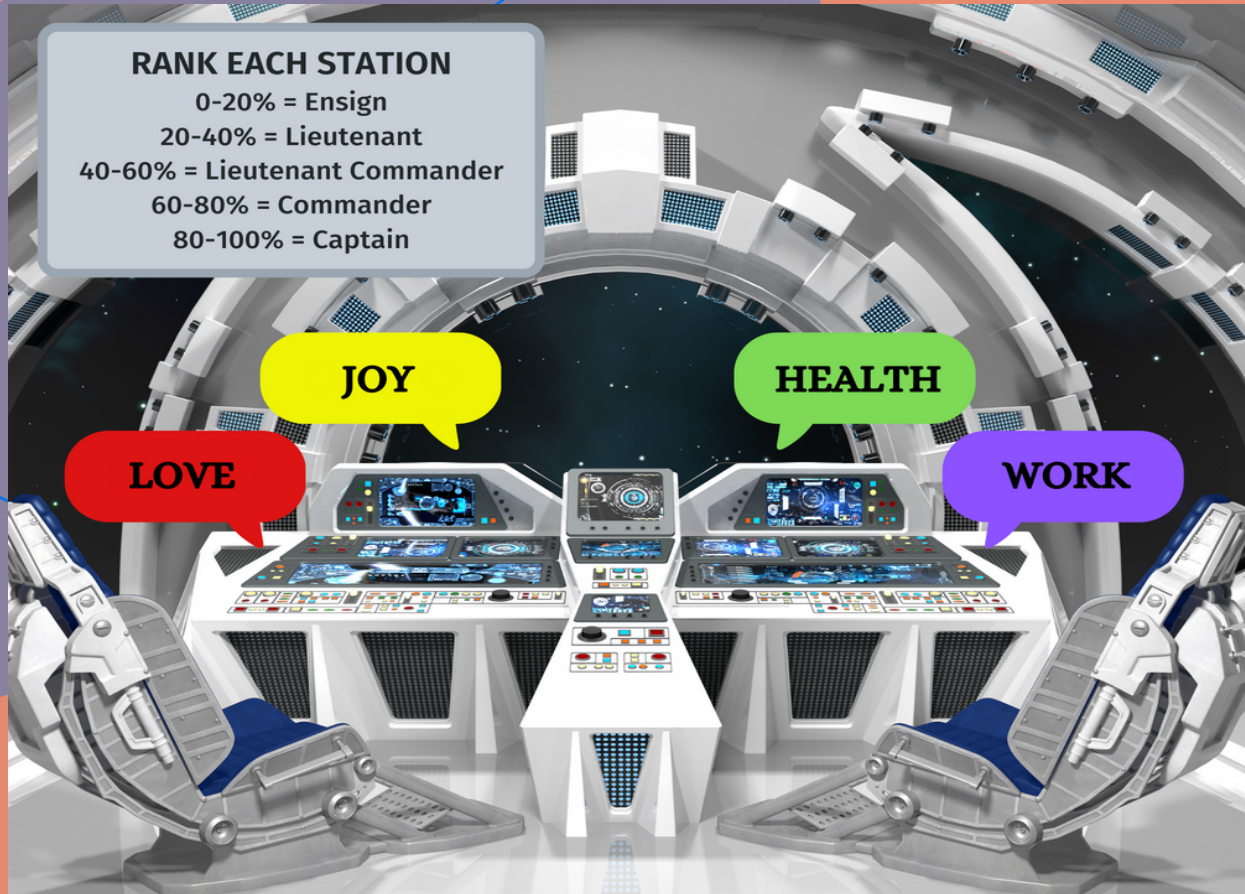
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### **CONGRATS!**

You've finished the guidebook - amazing job! Learn how Living Minutes Academy can enhance your adventure through mindful living.



# Self-Assessment



Before we begin, I'd like to do a couple of self-assessments. The first one tasks you in providing a rough evaluation of four basic pillars of life. Assign a rank to each station (Ensign is lowest) above based on how well you believe you're doing in each category, measured on how fulfilled you feel in that pillar. This helps us identify which areas of your life need the most attention.

Once you have finished this, turn the page and do a second assessment. While your results should be similar, the second assessment breaks down each category a bit more to help narrow down specific challenge areas.



# Life Harmony Assessment



## Rank each question below from 1-5

1 = completely disagree; 2 = largely disagree; 3 = sounds about half right; 4 = largely agree; 5 = completely agree.

1. I have a firm handle on my responsibilities at home?
2. I have a firm handle on my responsibilities at work?
3. If I need help with something, I'm not afraid to ask.
4. I am happy with my close relationships in my life.
5. I have well-defined, clear priorities in my life.
6. I exercise regularly.
7. I am able to effectively manage work place stress.
8. I am able to effectively manage home stress.
9. I often find myself smiling
10. I don't often work beyond my normal work hours.
11. I have a social and support network beyond my immediate family.
12. I take time to do activities that give me pleasure.
13. I am kind and considerate to those around me.
14. I have good financial security, including money in savings and decent credit.
15. I have a vacation or day-off activity planned.
16. I see my physician regularly.
17. I volunteer my free time on a regular basis.
18. I feel free to live my life my way.
19. I eat healthy for most of my meals.
20. I love myself.

## Scores:

20-40: Your life harmony is not very harmonious. If you don't want to remain an Ensign forever, it's time to sign up to become a Life Captain ASAP!

41-60: You're well on your way to achieving decent life harmony, Lieutenant, but you've still got a lot to learn. With my guidance, you'll be a Life Captain in no time!

61-75: Nice job, Lieutenant Commander! You've got a firm grasp on life harmony and just need to master the skills you've already picked up on your own. You'll be a Life Captain in no time with help from Living Minutes Academy.

76-90: As a Life Commander, you're just about ready to navigate the rough waters of Life. Hone your skills with some individualized instruction or advanced coursework and you'll be a solo Life Captain before you know it.

91-100: You're already a Life Captain – that's quite impressive! All the best Life Captains know that learning is a lifelong duty. Sign up and learn a thing or two from a fellow Life Captain.





# What is Mindfulness?

## CHAPTER ONE

Mindfulness is an approach to life where the focus is on living in the present moment. This includes accepting the present moment without judgement and without trying to change it or force it to be different in any way.

Jon Kabat-Zinn, founder of the MBSR (Mindfulness-Based Stress Reduction) program that brought the concepts of mindfulness into the mainstream, says this about mindfulness:

"(Mindfulness is)...A new way of being in relationship to what is, not as an escape route or an expedient, but as a way of being more in touch with our humanity, our goodness, and our beauty."





# Benefits of Mindfulness

Mindfulness can transform your life in countless ways. A regular practitioner of mindfulness can reap in any number of benefits upon living mindfully. Below is a summary some of the major benefits that are often reported by mindfulness practitioners:

Reduced Stress & Anxiety  
Increased Focus  
Improved Problem-Solving Skills  
More Effective Communication  
Emotional Regulation  
Increased Compassion  
Improved Sleep Quality  
Better Overall Health  
Greater Enjoyment of Life

*Please note that mindfulness is not a replacement for medical treatment and it is not intended to treat any specific disease or other maladies, physical or otherwise.*



**ABOVE ALL, MINDFULNESS IS A WAY OF LIVING, A STATE OF BEING. IT WILL TAKE TIME TO NOTICE ANY BENEFITS FROM MINDFUL LIVING AND THESE ONLY ARISE FROM DILIGENT DAILY PRACTICE, MINUTE BY MINUTE.**



# The 3 Secrets of Mindful Living

## CONNECTION

Connect to the **present moment**. Open yourself to whatever is happening at that moment.

## AWARENESS

Become fully **aware** of your **surroundings**, **thoughts**, and **feelings**. Verbalize/internalize these (i.e., "say them").

## ACCEPTANCE

Experience the moment as it is, **accept** it **without judgement** or prejudice.





# Mindfulness really is that simple!

While mindfulness is a simple concept, it is not necessarily easy to follow. Mindfulness is a change in the way you think and how you approach life. Such changes take time and consistent practice. You can't become mindful overnight, and indeed - mindfulness is a lifelong journey, not a destination. Ultimately, mindfulness is a state of being, an approach to how you live life.

There are a lot of wonderful resources out there to teach you on how to live mindfully. They all offer more or less the same approach with little guidance on how to incorporate mindfulness into your everyday life. This is where the Living Minutes come into play by offering a structured program anyone can follow to begin their journey into mindfulness.

At Living Minutes Academy, we offer resources and tools to ease you through the process of incorporating mindfulness into your daily life.

The Living Minutes Lifestyle was designed to gently incorporate mindfulness into your life through activities you already do. The process teaches you to live mindfully with almost no conscious effort on your part. Once you're at this step, you'll begin more actively incorporating mindfulness fully into your life, one Minute at a time.

To learn how, try our 3-Week Challenge at **[LivingMintues.com](https://LivingMinutes.com)**







# Living Minutes Lifestyle

## CHAPTER TWO

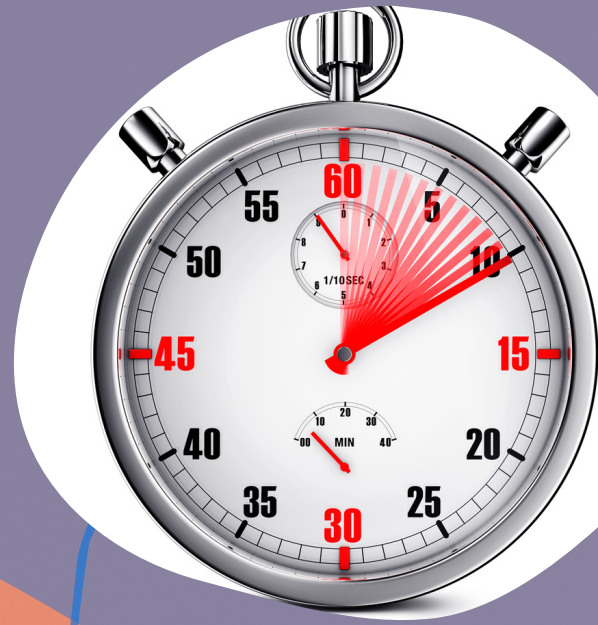
The Living Minutes Lifestyle involves three pillars introduced over two stages. In the first stage, you'll effortlessly learn how to live mindfully using the Living Minutes. In the second stage, you take a more active role in learning what mindfulness is and how to fully integrate it into your life through Mindful Moment and Nurturing Meditations.

This chapter will serve to introduce you to the fundamentals of the Living Minutes Lifestyle. For full details, grab the books *Just a Minute!* and *Just a Moment!* from [LivingMinutes.com](http://LivingMinutes.com) or try the 3-Week Challenge!

**Live Mindfully Now!**







# The Value of a Minute

Do you value your life? I'm assuming you do, so then I must ask - why are you wasting so much of it?

The philosophy behind the Living Minutes is partially about identifying areas of your life that are "wasted" through no fault of your own. Waiting in lines, TV commercials, traffic lights, etc - your day is filled with these lost moments and they add up. If you reclaimed just 20 minutes of this time each day, you'd end up with a little more than 5 hours worth of time. What would you do with 5 hours of free time?

How long is a minute? Let's define it in relative terms. In one minute, a blood cell will have taken three trips around the body and you will have blinked on average 20 times, spoken about 150 words, read about 300 words, or had about 30 individual thoughts. A lot can happen in just 60 seconds!

## LIVING MINUTE ZERO



Take 60 seconds right now, set a timer, close your eyes, and do nothing. Try not to think, brushing aside any thoughts that may come into your mind. Appreciate just how long a minute truly is. A minute is an eternity all of its own, an eternity the Living Minutes will guide you into appreciating.





## ACTIVITY : TRACK LOST MOMENTS

Over the next day or so, note each time you find yourself in a situation where you are wasting time ("lost moments"). Record what the situation is and approximately how long it lasted.

### LOST MOMENT

### DURATION






# Stage 1: Living Minutes

Living Minutes (or just "Minutes" for short) are short activities that you use to reclaim lost time in order to better yourself and to live mindfully.

In short, Living Minutes transform lost moments into active living.

These activities are either ways to repurpose lost moments into something useful or they are ways to add a minute or two to a daily routine in order to enhance it.

These Living Minutes make you mindful of your time, grounding you in the present moment, which effortlessly teaches you one of the most important aspects of mindfulness - awareness.

Like drops in a bucket, these Minutes add up and begin the process of building a better you and a better life. Each Minute is a step on the lifelong journey of mindful living.

## **GOT 60?**

## **LIVE MINDFULLY NOW!**

**LM!**





# Just a Minute!

A Minute for your...



## Mind

I think  
therefore I am.



## Body

Your body and  
health are all  
you truly have.



## Soul

Nurture both  
your life and  
your soul.

### GRAB A COPY TODAY!

Just a Minute! provides over 120 Living Minutes to get you started right away. Grab your copy now at [LivingMinutes.com](http://LivingMinutes.com)!

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## ACTIVITY : CREATE YOUR LIVING MINUTES

Come up with at least three Minutes for each category of Mind, Body, and Soul. If you need some ideas, grab a copy of Just a Minute! at [LivingMinutes.com](http://LivingMinutes.com)

LIVING MINUTE	CATEGORY





# Stage 2: Mindful Moment

A **Mindful Moment** is any significant time you allow for a mindfulness activity. These activities can include simply doing a normal routine mindfully rather than mindlessly or an augmented Living Minute. A list of Mindful Moments can be found in the book *Just a Moment!*

These mindfulness exercises involve integrating the *3 secrets of mindful living* into the moment at hand.

**Connection:** When you begin the activity, connect to the present moment and prepare your mind with a few slow, deep cleansing breathes.

**Awareness:** Focus first on the sounds that surround you, discerning the source of each sound, its distance, etc. After some time, move to smells, physical sensations (warm; cool breeze; soft), taste (if eating), sight (especially colors, lights/darks, and contrasts), and your emotions. Be fully aware of your environment.

**Acceptance:** Accept the situation without any type of judgement or preconceived notions. Merely experience the moment for what it is. Any thoughts you have, whether good or bad, acknowledge and dismiss them. Return your focus to the present moment.

Some Ideas:  
Mindful eating,  
driving, walking,  
gardening, etc.

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## ACTIVITY : CREATE YOUR MINDFUL MOMENTS

Come up with at least five Mindful Moments with at least one from each category of mind, body, and soul. If you need some ideas, grab a copy of Just a Moment!! at [LivingMinutes.com](http://LivingMinutes.com)

### MINDFUL MOMENT

### CATEGORY






## Stage 2: Nurturing Meditations

Daily meditation is a key component to mindful living and serve to nurture our body and souls, hence **Nurturing Meditation**. When most people hear the word meditation, they often think of monks praying in silence or chanting in prayer. Meditation, however, can take many different forms. For more information on meditation, see the Meditation 101 guidebook available at [LivingMinutes.Com](https://LivingMinutes.Com).

The purpose of meditation is to still the mind and enter a altered state of awareness. Many of the benefits of mindfulness stem from these meditative practices. Establishing a meditation habit is one of the best things you can do to take care of yourself. Ten minutes a day minimum is a good target, but try for longer when you can.

Several Nurturing Meditations are provided in the book Just a Moment! (available from [LivingMinutes.com](https://LivingMinutes.com) in 2023), but you can begin meditating today on your own. Simply follow the simple steps outlined in Meditation 101. Take the 7-day or 30-day challenge to get you started on your meditative practice.





# Twelve Weeks to Mindful Living using the Living Minutes Lifestyle



## Living Minutes

Make a list of at least 9 Minutes in each category of Mind, Body, and Soul. Practice these Minutes for at least 20 minutes a day for 4-6 weeks.



## Mindful Moments

Once Living Minutes have become second nature to you, practice one Mindful Moment a day for 20 minutes for two weeks.



## Nurturing Meditations

Next, incorporate ten minutes of Nurturing Meditations each day. You can build up to this using the 7-day or 30-day meditation challenge. By the end of 4-6 weeks, daily meditation should be second nature to you.



## Live Mindfully Now

Mindful living is a lifelong journey, not a destination. You'll want to use these three tools daily to keep true to the course. You can remember these with our motto **Live Mindfully Now** (Living Minutes, Mindful Moments, Nurturing Meditations).



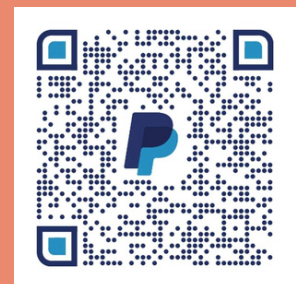


# Congratulations on finishing the guidebook!

As I hope you can see, living mindfully is a rather simple task. But don't mistake simplicity for ease. Mindful living is simple, but not easy - it takes plenty of practice, time, and dedication. The goal of the Living Minutes Program is to facilitate this process and make it as easy as it possibly can be.

Please share the resources available at [LivingMinutes.Com](http://LivingMinutes.Com) with everyone you know. I sincerely believe that the more mindful people live, the better the world will be. Please help me spread the word. Thank you!

With this mission in mind, after plenty of consideration, I have decided to make all these resources available on my website free of charge. I do ask for donations if you are able to help me out, but there is no obligation to do so. Scan the QR code to make a donation by PayPal. Thank you!



Life Captain Dan