



MINDFULNESS

How to Measure Progress?

There are 2 ways you can verify whether your efforts in establishing a mindfulness practice are actually being fruitful.

During the practice



01

How long does it take for you to settle your mind when you sit for meditation?

02

How long does it take for you to notice you were distracted?

03

How quickly can you get back to your object of focus?

In Daily Life



01

Are you becoming more responsive and less reactive to challenging situations?

02

Are you becoming more patient, kind and compassionate to yourself and others?

03

Are you becoming less selfish, angry, worried and fearful?

Regardless of your answers don't be discouraged. Decades of conditioning cannot be reversed overnight. Becoming the master of your own mind takes time. Make sure you select a credible technique-app or even better, an experienced and skilful mindfulness mentor.

Last not least, be patient and kind to yourself.