



Tips for Maintaining a Practice

Make your practice **as pleasant as possible** - self-reinforcing.

Start small - short practices can make a big difference.

Practice during **daily life** when you need it the most.

Be **self-compassionate** when your practice lapses and just **start again**.

Let go of unnecessary **effort** to practice in the **right way**.

For more formal practice, choose a **consistent time** to practice each day.

Use **resources**: guided meditations, read books, and journal.

Stay connected - practice in **community**.