

Activities Checklist: Live Silence

Instructions: *Running with Nature* authors Mariel Hemingway and Bobby Williams say silence is the key to being present in your life. Use their checklist below to start bringing some peace and clarity into your life and see how many points you can earn in a week.

Sit silently for 10 minutes before breakfast in the morning. _____ 10 points

Go outside for a 20-minute walking meditation in the morning. _____ 10 points

Three times throughout the day, stop what you are doing, find a quiet place, shut your eyes and empty your mind. Breathe mindfully. _____ 10 points

Create a sacred space that reflects You. _____ 10 points

While you are going about a daily routine—cooking, making lunch, dressing—and see if you can do it with quiet mindfulness. Feel the buttons on your shirt as they go through the buttonholes, the insole of your shoe against the arch of your foot, the comb going through your hair. Awareness can make the mundane amazing. _____ 10 points

Sit and watch a sunset and meditate as the sun goes down. Let go of the stress of your day. _____ 10 points

Meditate for 10 to 20 minutes in the morning and the evening for one week without interruption. Follow the meditation tips in the chapter. Record how you feel after the first meditation and after the last _____ 10 points

During your drive time or commute time this week, try to take the first 10 minutes to practice being aware by becoming an objective, non-judgmental observer of everything around you. _____ 10 points

Do an Internet search on "meditation in everyday life" and see how others incorporate meditation into their daily routines. Do not make this an extensive research project. It's just about learning something helpful for your everyday practice _____ 10 points

Try going technology-free for the first hour and last two hours of the day—phone calls, emails or computer time. Notice any feelings that emerge and any patterns that you become aware of. _____ 10 points

_____ **Total**

