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# Your Daily Practice

## Episode 32

We Were Burned-Out So My Family Went to Plum Village Monastery. This Is What We Learned with Dr. Diana Hill

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### Practices to try this week

#### 1. I Have Arrived I Am Home:

- Pause
- Find your breath
- Feel at home inside your body
- Go back to your daily activities with this presence

#### 2. Happiness Is Here and Now:

- Look for small moments of happiness or ease
- Savor your full body experience of joy
- Hold them lightly and with delight

#### 3. There's No Need To Hurry:

- Turn a daily activity such as eating or walking into a meditation practice .
- Carry it out in silence and with your full attention .
- Remind yourself there is nowhere to go, nothing to do, but to be here in this task .
- Savor it!

#### 4. Are You Sure?:

- Notice your mind's rules, judgments, and chatter
- Pause and ask "Are you sure?"
- Be open to different perspectives

#### 5. Let Your Work Be A Gift Of Service:

- Before starting work or household task, choose an aspiration (intention) to focus on
- Focus your mind on being of service to this aspiration
- Focus on process over outcome
- Sing or hum a tune that motivates you

#### 6. Your Future Is Today:

- Cultivate habits that will grow the future you want
- Water the seeds in others that you want to grow
- Honor your ancestors, teachers, and parents through compassionate action