

Your contract:

1. **Read every word we write.** You won't find superfluous words or thoughts in what we write. You will find concepts to reflect on and ways – 56 to be exact – to bring mindfulness into your daily life. We write tightly to keep you engaged and committed. And although you might find some thoughts repeated, there is a reason for this.
2. **Be 100 percent present.** When you pick up this book, set aside the usual distractions of the day and leave your to-do list someplace else. Silence your phone.
3. **Commit to 20 minutes of mindfulness daily.** In a few weeks, you will be meditating for 20 minutes, so your daily commitment might be a few minutes more, but we promise it will be time well spent.
4. **Action steps.** Read each day's thoughts and do the work.
5. **Believe.** Believing that you can change is the first step in change
6. **Journal.** Buy a journal and use it. (We can hear the groans, but we promise it can become your friend!)
7. **No fixing.** Mindfulness is a road map for discovering your inner teacher. We are not writing this book to fix anything you might want to fix. True healing comes from within. We simply offer the roadmap.
8. **Suspend judgment.** We all judge. Constantly. Ourselves and others. As you take this journey, instead of judging if something is silly, won't work, and can't possibly pertain to you, believe that perhaps it might change a little something within. Pathway to Mindfulness is all about no judging.
9. **Silence.** Silence is hard for many people. They live with constant background noise, at home, in the car, at work, at the gym. Silence is a rare gift in this busy world, affording you time to reflect without immediately filling in the space between with words. When you meditate, you do so in silence.
10. **Rediscover wonder.** Children wonder about everything, but as we age, wonder becomes something that happens every so often. When you look at even the smallest things in life with wonder, your life opens and becomes so much more interesting.
11. **Possibilities await.** Consider your life an infinite pool of possibilities – or what one of our preteen clients calls a waterfall of possibilities. Life can get tough, you can get stuck, but if you understand that everything in life is impermanent, you learn to face your challenges in a more meaningful way.
12. **Do the work.** Do the daily lessons. Do the recommended amount of meditation daily. Do each one of the 56 ways. Vow to take responsibility and want to change your life. The more you practice and begin to bring mindfulness into your daily life, the quicker you change your patterns of behavior. You only get out of this what you put into it. **Remember, this is a daily exercise. Practice, practice, practice!**

Signed: _____ Date: _____