[**Critical Thinking Chapter Reflection: Tools for Mindful Living Chapter 1**](https://myasucourses.asu.edu/webapps/assignment/uploadAssignment?content_id=_12586467_1&course_id=_323250_1&assign_group_id=&mode=view)

**The main purpose of this article or chapter is**:

The main purpose of chapter one was to know how mindfulness is very important and can affect people’s self-acceptance. Another purpose of this chapter was to acknowledge how listening to our thoughts, breathing right, body and senses impact mindfulness.

**The most important information in this article or chapter is:**

The most important information in chapter one is that our emotions and thoughts serve who we are. Our experiences are made out of habitual thought and emotions. In order to achieve mindfulness, we need to be non-judgmental toward our present experience. One thing we can be assured of at all times is that the experience is ours and only we have the power to choose what to do with it.

**The main inferences/conclusion in this article or chapter is**:

The conclusion in chapter one is, living mindfully opens up the opportunity to be a non-judgmental witness to our present experience. We have the power to choose what to do with our experiences. Paying attention to what we do or paying attention to our present experiences play important roles on becoming a mindfulness person.

**The key concepts we need to understand in this article or chapter are:**

The key concepts in this chapter were: present experience, emotions, sense, body, breath and mindfulness. When we are paying attention we are mindful.

**The main points of view presented in this article are (are):**

The main points of view for chapter one was: we should be aware that each moment is completely our experience and all the emotions and sensations serve who we are. Every moment offers a totally a new experience. When we are living mindfully, we are fully engaging all of our experiences (big, little, dull and exciting).

**My thoughts and feedback**:

I really liked how in chapter one it is mentioned that we need to be non-judgmental toward our present experiences. I need to stop making judgments all the time about my present experience and think positive on how every experience is going to be different and there is going to be ups and downs in life. I need be more mindful and pay attention to my present experience and make good choices.

[**Critical Thinking Chapter Reflection: Tools for Mindful Living Chapter 2**](https://myasucourses.asu.edu/webapps/assignment/uploadAssignment?content_id=_12586467_1&course_id=_323250_1&assign_group_id=&mode=view)

**The main purpose of this article or chapter is**:

The main purpose of chapter two was to know how every moment has a new experience and how intentional attention, attitudes toward others, attitudes toward ourselves are important steps in a mindful living.

**The most important information in this article or chapter is:**

In chapter two the most important article is about, the four step MAC guide: acknowledge, attention, accept and choose. These steps play an important role on making a mindful process. When we stop and observe, looking at our own lives, we begin to see that our instincts and gut feelings are always communicating.

**The main inferences/conclusion in this article or chapter is**:

In chapter two, the conclusion is acknowledging our experience just as it is without trying to change anything is the first step toward mindfulness. An important conclusion in this article was, one of the greatest gifts that we can give ourselves is to enhance the quality and enjoyment in our life to deeply respect, listen and pay attention to ourselves.

**The key concepts we need to understand in this article or chapter are:**

The key concepts in this chapter were: paying attention to our intentional attention, attitude toward others, attitude toward ourselves and willing to choose. These are all important concepts that create mindfulness.

**The main points of view presented in this article are (are):**

Tips to develop intentional attention: keep a realistic short term list of what we want to accomplish and listen to our instincts (our guts know). It was mentioned that we need to bring awareness to our senses. Attitude is everything and non-judgmental acceptance is very important in mindful living.

**My thoughts and feedback**:

I liked chapter two, because there were many tips about how to live mindfully. There were some good tips about attitudes toward ourselves: embrace keeping a clear mind, embrace gratitude and joyfulness and etc. I need to pay attention to my thought and try to think more positively. Also I need to embrace healthy goals, like going to the gym more often.