

Mindfulness – The Path to a Purpose Driven Life

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Abstract: Mindfulness is the deliberate and non-judgmental act of being completely aware and engaged in the present moment, free from any attachment or bias towards thoughts or feelings. It is a route to attaining psychological wellness and uncovering one's true self. Through the practice of mindfulness, individuals can enhance their cognitive capacity to observe and acknowledge their thoughts, emotions, and encounters with a heightened level of consciousness and embracing attitude. This heightened state of awareness facilitates a more profound comprehension of oneself and the surrounding world, resulting in greater emotional control, decreased stress levels, and improved general well-being. By engaging in consistent mindfulness meditation, individuals can initiate a profound process of personal development and attain a state of tranquility within themselves.

Keywords: Mindfulness, Path, Purpose.

1. Introduction

Mindfulness is a cognitive state attained by directing one's attention to the current moment. The objective is to consciously observe and embrace your thoughts and emotions without forming any evaluative opinions, in as many instances of your existence as feasible.

Mindfulness refers to the conscious recognition and observation of one's own mental and emotional states, as well as the external environment. Mindfulness enables individuals to evade detrimental or reflexive patterns and reactions by acquiring the ability to impartially notice their thoughts, emotions, and other immediate events without passing judgement or responding to them. Mindfulness is a fundamental component of various therapeutic approaches, such as mindfulness-based cognitive behaviour therapy, mindfulness-based stress reduction, and mindfulness meditation. (American Psychological Association, 2022)

A. The Importance of Mindfulness

Mindfulness has the following qualities:

- Mindfulness enhances your capacity to make deliberate, intentional, and reflective choices. Core mindfulness techniques instruct individuals to deliberately reduce the pace of their thinking, attentively observe all thoughts, emotions, and impulses (without forming judgements), and utilize this awareness to consciously select an action, rather than acting on impulse.
- It has the potential to alleviate mental distress, enhance general contentment, and enhance your state of well-

being.

- Mindfulness cultivates the ability to achieve a harmonious equilibrium between rationality and emotions in decision-making.
- It enhances both your efficiency and production. Mindfulness enhances the ability to concentrate on a single task and emphasizes being fully conscious of the current moment. Redirecting one's attention when the mind becomes distracted results in heightened efficiency and effectiveness throughout various domains of life.
- Practicing mindfulness can enhance both your self-compassion and your compassion towards others, so fostering improved interpersonal interactions.
- Devoting a few minutes each day to practicing mindfulness can effectively decrease emotional susceptibility, alleviate stress, and enhance both mental and physical well-being. (Koonce, 2018)

B. Living a Purpose Driven Life

Individuals possessing a robust sense of purpose exhibit an extended lifespan, maintain healthier cardiovascular systems, and demonstrate enhanced psychological resilience. Employment can serve as a significant reservoir of purpose, which could elucidate the correlation between early retirement and diminished lifespan as well as an increased susceptibility to dementia. This data also demonstrates the importance of having a sense of purpose that goes beyond our work, so that we do not experience a decline in our mental or emotional well-being when our job responsibilities change, when we take time off, or when we retire. Organizations also benefit from employees who possess a profound sense of purpose in their job, since these individuals tend to exert greater effort and exhibit higher levels of commitment.

Purpose may be uncomplicated, and it is undoubtedly without cost, but that does not imply that it always seems effortless to get. A significant disparity we observe about purpose is a substantial divergence between our desires and our actions. We want for a meaningful existence, yet we dedicate our days to contemplating things and engaging in actions that do not contribute to our feeling of purpose. Some of this discrepancy arises from our assumption that purpose is something we stumble into, akin to encountering a puddle on the road. We also subscribe to the fallacy that purpose must be magnificent and completely absorbing. However, purpose is not

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something that occurs passively in our lives. It is a skill that we can deliberately develop. And frequently, it is lot simpler than we perceive. (Greenberg, 2024)

2. Understanding Mindfulness

Mindfulness is a cognitive state characterized by engaged and receptive attention to the current moment. This condition is characterized by the act of mindfully monitoring one's thoughts and emotions without engaging in any form of evaluative judgement regarding their quality.

Mindfulness comprises two essential components: consciousness and embracing. Awareness refers to the understanding and capacity to direct attention towards one's internal mental and emotional processes, including the experience of the current moment. Acceptance refers to the capacity to impartially perceive and embrace, rather than criticise or evade, the various streams of thoughts.

Living mindfully entails being fully present in the current moment and consciously redirecting one's attention away from past events or future expectations. Mindfulness involves the objective observation and labelling of thoughts, feelings, and bodily sensations. Mindfulness can serve as a means to prevent self-criticism and judgement while recognizing and handling challenging emotions. Mindfulness has its origins in the teachings of Buddhism and Hinduism. Buddhism contains a path towards attaining enlightenment, with the initial stage being the practice of "sati," which involves cultivating attention, awareness, and presence. The term "mindfulness" was derived from the ancient Pali language.

Mindfulness has gained prominence in the fields of science and health and has become a crucial therapeutic practice. It has been included into several therapeutic approaches such as Mindfulness-Based Cognitive Therapy, Dialectical Behaviour Therapy, and Acceptance and Commitment Therapy.

The objective of mindfulness is to foster a heightened awareness and understanding of one's own consciousness and identity, which can lead to increased mental and relational tranquilly. Mindfulness can also be employed in mindfulness-based therapies to target stress, anxiety, or pain, as well as to enhance relaxation.

Mindfulness is a type of meditation. Meditation employs diverse techniques to still the mind or attain an elevated state of awareness, one of which is mindfulness. Mindfulness can be developed by both formal meditation and incorporating it into various activities, such as walking or engaging in conversation. (Psychology Today, 2019)

3. Mindfulness and Purpose

Mindfulness is the act of consciously and attentively acknowledging and experiencing the current moment. Mindfulness entails impartially examining our thoughts and emotions, while directing our attention to the present moment. By practicing mindfulness, we can develop the ability to acknowledge and embrace our thoughts and emotions without becoming overwhelmed by them. Additionally, we can enhance our consciousness of our surroundings, our bodily perceptions,

and our respiration. Mindfulness facilitates the acquisition of lucidity and insight, serving as a tranquillizing and stabilizing influence in our existence. It can assist us in becoming more deliberate and focused in our actions, as well as gaining a deeper comprehension of ourselves and our position in the world. Additionally, it can aid in the identification of our tension and anxiety, as well as the cultivation of more beneficial methods for its management. Mindfulness can be practiced through various methods. It encompasses practices like yoga, meditation, nature walks, writing, and mindful breathing. Another way to integrate mindfulness into our everyday routines is by cultivating a heightened awareness of our thoughts and emotions, and by deliberately devoting our attention to the present moment and our surroundings, as well as the individuals in our vicinity.

Mindfulness is a potent instrument that aids us in discovering inner tranquilly and purpose in our life. It can enhance our mindfulness and purposefulness, and deepen our self-awareness and comprehension of our role in the world. By practicing mindfulness, we can acquire the ability to identify and embrace our thoughts and emotions, as well as cultivate more effective strategies for coping with stress and anxiety. Therefore, allocate a brief period of time to detach yourself from the overwhelming digital commotion and discover tranquilly within yourself by practicing mindfulness.

An effective approach to discovering our purpose is investigating areas of knowledge that intersect. The Venn diagram of Ikigai, a concept introduced by Marcus Aurelius Anderson in his book, *The Gift of Adversity*. The Venn diagram comprises four circles that symbolize the four domains we can investigate in order to uncover our purpose. The four fields encompass our individual values, beliefs, ambitions, and aspirations. By delving into these domains, we initiate the acquisition of understanding regarding our cognitive processes and emotional experiences. We can discern our values and beliefs, as well as our objectives and ambitions. Through our exploration of these sectors, we can discern the interconnections between them and how our values, beliefs, goals, and aspirations are intertwined. The intersecting domains can assist us in navigating towards our objective. Our aims and objectives might be influenced by our values and beliefs. Our values and beliefs might be influenced by our aims and desires. By delving into these domains, we can formulate a clear vision for our existence and make choices that are in harmony with our intended direction. Examining the intersecting domains can also assist us in cultivating greater mindfulness. By deliberately disconnecting from the overwhelming digital distractions and engaging in introspection on our principles and convictions, we might acquire a deeper comprehension of our own identity and life's meaning. By practicing mindfulness, we can enhance our awareness of our thoughts and emotions, enabling us to make decisions that are in harmony with our goals and values.

Discovering our mission can be a complex yet fulfilling quest. Examining intersecting domains can provide us with a deeper understanding of our ideas and emotions, as well as enable us to recognize our objectives and ambitions.

Devote sufficient time to introspect and examine your

personal values and beliefs. Then, actively engage in pursuing your goals and allocate a brief period to disconnect from the overwhelming digital environment. By practicing mindfulness, you can discover your distinct purpose. (Macaskill, 2023)

4. Cultivating Mindfulness

Mindfulness meditation is an influential tool that enables us to develop heightened consciousness in our daily lives. This technique has endured for millennia and has been adopted by other global cultures. Mindfulness entails the deliberate cultivation of complete presence and active involvement in the current moment, free from any form of evaluation or diversion. Mindfulness is directing our focus towards our thoughts, emotions, and environment, and acknowledging them without judgement.

Mindfulness practice is consciously directing one's attention on the current moment, free from any form of evaluation or diversion. Mindfulness is maintaining a heightened state of awareness of both our external surroundings and our internal experiences, while avoiding being entangled in our thoughts or emotions. Mindfulness can be cultivated through many practices such as meditation, yoga, and maintaining a state of mindfulness throughout the day. The objective of mindfulness practice is to foster a state of tranquility and lucidity, while enhancing our consciousness of our thoughts and emotions in order to effectively address them.

Mindfulness practice offers numerous advantages, such as less stress and anxiety, enhanced attention and concentration, heightened self-awareness, and improved relationships. Mindfulness can facilitate the cultivation of heightened compassion and empathy towards others, while also enhancing our ability to withstand and recover from life's adversities. Research has demonstrated that the practice of mindfulness can effectively alleviate symptoms associated with depression and chronic pain.

Various methods can be employed to cultivate awareness, such as engaging in meditation, practicing yoga, and consciously inhabiting the present moment. A widely practiced kind of mindfulness meditation is known as "breath awareness" meditation. This is directing your attention towards your breath and observing the sensations that arise during inhalation and exhalation. Additional variations of mindfulness meditation including body scan meditation, loving-kindness meditation, and walking meditation. Yoga is an alternative method for cultivating mindfulness, as it entails being fully aware of the present moment and directing attention to one's breath and physical actions.

A. Mindfulness in Our Daily Lives

There are numerous methods to integrate mindfulness into our everyday routines, such as engaging in a few deep inhalations before commencing a task, embarking on a mindful stroll outside, or simply dedicating a few moments to being fully present and conscious of our environment. Engaging in mindfulness during routine tasks like cooking, cleaning, or driving can effectively foster awareness and alleviate stress.

In general, the practice of mindfulness is a potent instrument

that can assist us in nurturing consciousness and enhancing our whole state of being. Through the cultivation of mindfulness, we can enhance our ability to be fully aware and engaged in the present moment, foster a heightened capacity for understanding and empathy towards others, and fortify our resilience in the face of adversities encountered in life.

Mindfulness extends beyond the confines of meditation or yoga, covering a broader range of practices. It is a lifestyle that may be integrated into our everyday routines. Practicing mindfulness in our daily tasks is directing our complete attention to the current moment and being completely involved in the work at hand. Mindful living can be demonstrated in the following dimensions of life:

1) *Practicing conscious eating*

Eating is a ubiquitous daily activity. Mindful eating is the deliberate act of directing complete attention to the food we consume. It entails focusing on the hue, consistency, aroma, and flavour of the dish. Practicing mindful eating allows us to consciously and attentively consume our food, resulting in improved digestion and a heightened sense of pleasure during meals.

2) *Walking with full awareness*

Engaging in mindful walking is a daily practice that can be pursued. Mindful walking entails directing our attention to the environment, the tactile experience of our feet making contact with the ground, and the motion of our body. It facilitates our connection with our surroundings and enhances our mindfulness.

3) *Conscious cleaning*

Cleaning is sometimes regarded as a task that we strive to complete expeditiously. Nevertheless, the process of cleaning can also serve as a chance to engage in the practice of mindfulness. Mindful cleaning entails focusing one's attention on the current task, actively participating in the process, and seeing the transformations that take place during the cleaning activity. It serves as a contemplative activity that enables us to establish a feeling of organization and tidiness in our surroundings.

4) *Conscious communication*

Mindfulness can greatly enhance the effectiveness of communication, which is a crucial activity in our daily lives. Mindful communication entails the act of being completely attentive and engaged with the individual we are conversing with, actively listening, and speaking purposefully. It facilitates the establishment of more profound interpersonal bonds and enhances our ability to communicate with greater efficiency.

5) *Practicing conscious breathing*

Respiration is a routine task that we frequently overlook. Nevertheless, practicing conscious breathing can serve as a potent technique for diminishing tension and anxiety. Mindful breathing entails directing one's focus towards the physical experience of the breath, acknowledging instances when our thoughts stray, and redirecting our attention back to the breath. It can be accomplished at any given time and location, and can assist us in fostering a state of tranquility and serenity.

Practicing mindfulness in daily activities involves consciously and purposefully directing our attention and focus

to the present moment in our day-to-day experiences. Mindfulness can facilitate a deceleration of our pace, fostering a state of being fully attentive and engaged with our surroundings and the individuals in our vicinity. Through the regular use of mindfulness in our everyday tasks, we have the ability to cultivate a more gratifying and purposeful existence. (Faster Capital, 2023)

5. Applying Mindfulness to Discover Purpose

Mindfulness and personal development are closely interconnected. Engaging in mindfulness practice facilitates the development of conscious attention in daily activities, hence fostering individual advancement. Personal growth is the process of self-improvement, self-awareness, and self-discovery. It entails enhancing your strengths, surmounting your flaws, and attaining the optimal version of yourself. Engaging in mindfulness practice facilitates personal development by enhancing one's consciousness of their thoughts, emotions, and behaviours. This section will examine the correlation between mindfulness and personal development, as well as how engaging in mindfulness practice might facilitate personal growth.

1) *Practicing mindfulness enhances your ability to cultivate self-awareness*

A primary advantage of engaging in mindfulness practice is its capacity to enhance one's self-awareness. Through the cultivation of mindfulness, one develops an enhanced level of consciousness regarding their thoughts, emotions, and behaviours. Enhanced self-awareness can facilitate the recognition of areas in your life that require enhancement and assist in formulating a strategy for personal development. For instance, if you observe a tendency to exhibit impulsive reactions in response to stressful circumstances, you can employ mindfulness techniques to enhance your awareness of your thoughts and emotions in such situations. This will enable you to cultivate skills to respond with greater composure and deliberation.

2) *Practicing mindfulness aids in the cultivation of emotional intelligence*

Emotional intelligence refers to the capacity to identify and regulate one's own emotions as well as the emotions of others. Engaging in mindfulness practice can facilitate the cultivation of emotional intelligence by enhancing self-awareness of one's own emotions as well as the emotions of others. Heightened consciousness can facilitate the cultivation of empathy, compassion, and enhanced communication abilities, all of which are crucial for individual development.

3) *Practicing mindfulness enables you to surpass restrictive beliefs*

Limiting beliefs are cognitive constructs that impede one's progress in attaining objectives and realizing optimal life experiences. These convictions can be deeply rooted and challenging to surmount. Engaging in mindfulness practice can facilitate the process of overcoming constraining beliefs by enhancing your awareness of them. Through the cultivation of mindfulness, one can acquire the ability to impartially monitor their thoughts and convictions, so enabling the recognition and

confrontation of constraining ideas.

4) *Practicing mindfulness aids in the cultivation of resilience*

Resilience refers to the capacity to recover quickly and effectively from difficulties and obstacles. Engaging in mindfulness practice can enhance your resilience by fostering heightened awareness of your thoughts and emotions during challenging circumstances. Through the cultivation of mindfulness, one can acquire the ability to react to difficulties with enhanced lucidity and serenity, so fostering the development of resilience and facilitating a swifter recovery from setbacks.

5) *Mindfulness facilitates the cultivation of a growth attitude*

A growth mindset is the conviction that one may acquire knowledge and develop by exerting effort and demonstrating persistence. Engaging in mindfulness practice can facilitate the cultivation of a growth mindset by enhancing one's consciousness of their ideas and beliefs towards learning and personal development. Through the practice of mindfulness, individuals can acquire the ability to question and challenge rigid assumptions regarding their own identity and capabilities, ultimately fostering a mentality that is receptive to growth and development.

Engaging in mindfulness practice is an influential instrument for individual development. Mindfulness practice, through fostering awareness in daily life, facilitates the enhancement of self-awareness, emotional intelligence, the surmounting of constraining beliefs, the cultivation of resilience, and the fostering of a growth mindset. To attain personal development, contemplate integrating mindfulness meditation into your regular regimen. (Faster Capital, 2023)

6. Overcoming Challenges and Sustaining Mindfulness

Practicing mindfulness offers numerous advantages, primarily related to emotional resilience and psychological wellbeing. It is a skill that may be applied to all aspects of life, including our professional endeavours, personal goals, leisure activities, eating habits, and self-perception.

The objective of practicing mindfulness is to enhance our consciousness of all aspects that are significant and influential to our overall well-being: our cognitive processes, verbal expressions, emotional states within our surroundings, and the decisions we make that impact our external reality. The level of mindfulness we possess is not static or consistent; it varies based on our dedication to practice and concentration. Indeed, the practice of mindfulness requires diligent effort, and there exist various impediments that can hinder our ability to maintain consistent practice.

Nevertheless, once you comprehend the essence of these obstacles, it is highly probable that you will also be capable of surmounting them. Acquiring knowledge of their presence reduces self-criticism and enhances readiness to confront them directly. Furthermore, it allows you to acknowledge that occasionally succumbing to mindlessness is neither catastrophic nor uncommon—it is an inevitable occurrence. This insight might assist you in formulating tactics to cultivate self-compassion and reorient yourself towards the path of mindfulness.

Presented here are several prevalent hindrances to mindfulness and recommended strategies for surmounting them:

1) *Stress*

Although mindfulness is an effective method for alleviating stress and addressing other issues, it may seem paradoxical to suggest that feeling anxious can hinder the practice of mindfulness. However, it is important to note that when we experience perceived stress, our body enters a fight-or-flight response, triggering behaviours that are far from mindful. These behaviours include restlessness, rage, uncontrolled reactions to situations, negative thinking, loss of appetite or overeating, and burnout, among others.

Reestablishing a state of mindfulness becomes notably challenging when caught in a cycle of stress, with mounting frustration persisting day after day. Without attaining a state of tranquilly and composure, resuming a mindful existence will prove challenging.

In order to transition from a state of stress to mindfulness, it is necessary to acquire knowledge in emotion regulation and develop skills to effectively handle stress. We highly advise engaging in physical activity, engaging in interactions with others, and maintaining a journal. Additionally, we suggest incorporating meditation and doing breathing exercises to alleviate your anxiety.

2) *Absence of Perseverance*

It is a verifiable truth that certain individuals exhibit greater levels of persistence compared to others. While it is impossible for everyone to possess identical character traits, we may collectively engage in introspective efforts to recognize our imperfections and strive to overcome them.

Engaging in mindfulness necessitates substantial effort, and as we devote more time to its practice, it becomes progressively effortless and enjoyable. Upon commencing the practice of mindfulness, you may observe that your thoughts incessantly surge beyond your control, rendering your attempts to focus ineffective. However, this is entirely typical. Increased effort will lead to a greater ability to discover a state of tranquilly.

Mindfulness is a daily discipline that necessitates perseverance and responsibility. Once you initiate mindfulness in one aspect of your life, it will gradually permeate into other domains as well. Doesn't practice lead to perfection? Once you embrace mindfulness as your lifestyle and mindset, it will cease to be a practice that necessitates perseverance, but rather become an inherent aspect of your being.

3) *Fatigue*

Experiencing physical, mental, and emotional exhaustion signifies a depletion of energy, leading to a strong desire for rest. When we are fatigued, our inclination to engage in mindfulness diminishes, as mindfulness necessitates a certain degree of vitality to concentrate, attend, and remain in the present moment. During such circumstances, prioritising sleep or simply resting without any activity takes precedence as a physiological requirement over engaging in mindful awareness. Attaining a higher state of consciousness is indeed commendable, although it is imperative that we possess the necessary resources to facilitate such an endeavour.

A possible course of action is to engage in strategic planning. Commence arranging your tasks in a systematic manner to enhance your daily organization, and subsequently ensure that you have an adequate amount of sleep during the night. Rest is essential for alleviating fatigue, in addition to consistent physical activity, nutritious diet, and well-established schedules. Engaging in various activities, including resting for a day, not only helps overcome fatigue but also promotes a more thoughtful lifestyle.

4) *Experiencing hunger*

As previously stated, unacknowledged physiological requirements pose a significant hindrance to our ability to engage in mindfulness. When hunger arises, it indicates a decrease in our blood sugar levels, potentially leading to irritability, nervousness, fatigue, and a lack of calmness and mindfulness.

To ensure optimal blood glucose levels throughout the day, it is essential to maintain a well-balanced and organized dietary regimen. Consistently adhering to a regular daily eating schedule will mitigate the likelihood of experiencing frequent hunger pangs during the day, so enabling enhanced concentration on your mindfulness practice.

5) *Uncertainty*

Despite widespread acclaim, mindfulness remains an intangible concept that defies quantification and lacks empirical evidence of its material efficacy. Therefore, it is customary to have uncertainty. The absence of certainty on the effectiveness of mindfulness practice often deters individuals from attempting it. Uncertainty can be advantageous since it promotes logical thinking and thorough examination of various perspectives. However, it can also hinder us from engaging in rewarding encounters.

When you become aware of your inclination towards doubt and self-sabotage, make a conscious effort to recognize it and question whether there is an underlying fear and resistance contributing to that uncertainty. Seek to comprehend the nature of the dread, whether it stems from a clash between your obligations or desires, and persist in your mindfulness regimen.

6) *Emotional reactivity*

Engaging in mindfulness enhances emotional regulation. However, when experiencing intense emotions and being consumed by reactive responses, it becomes challenging to cultivate mindfulness due to the lack of mental clarity and diversion of energy.

The practice of mindfulness might be hindered even if the feelings are not always bad. Experiencing love can greatly enrich one's life and bring immense joy. However, it has the potential to completely distract and hinder one's ability to be fully engaged in the present moment.

It is more advantageous to release attachments and patiently await the resolution of circumstances. If you have experienced the feeling of falling in love, as illustrated in the aforementioned example, it would be irrational to attempt to regulate or suppress your emotions. Patience for the initial surge to subside will allow mindfulness to be restored to you.

7) *Irritation*

There are numerous factors that can cause us to experience

irritation. Perhaps our present state of awareness is subpar, or external disturbances hinder our ability to be totally attentive. Perhaps it is a consequential condition that arises in conjunction with stress, fatigue, or emotional responsiveness.

This is an opportunity for you to be aware of your sensations of aggravation, see if there are recurring patterns or thoughts that affect them, and develop the ability to identify such thoughts and patterns. Addressing aggravation in order to cultivate mindfulness is a form of mindfulness practice.

8) *Suffering*

Any form of suffering, be it physical or mental, can significantly impede the practice of mindfulness. The presence of external stimuli during meditation can significantly disrupt one's focus, leading to heightened frustration, resentment, and tension. Moreover, the intensity of these distractions might reach a level where they become intolerable, rendering it unable to concentrate on anything other than the discomfort experienced. If you are unable to effectively control your discomfort and reduce its intensity, engaging in mindfulness practice may be too challenging for you.

The tradition of mindfulness promotes a thorough examination of one's discomfort, fostering an increased awareness of the accompanying sensations. Consequently, individuals may acquire the ability to manage their pain more efficiently, potentially surpassing the rate at which they would have done so without practicing mindfulness. Maintaining attention when experiencing pain, although consistent with the principles of mindfulness, can be considered one of the most difficult obstacles to overcome in its use.

9) *Hurry*

Exercising mindfulness while in a hurry might be exceedingly challenging. Mindfulness necessitates one's presence in the current moment. When one is in a hurry, their attention is not focused on the present moment but rather on future actions or destinations. The condition of haste depletes your cognitive resources and the energies that you would normally allocate to your mindfulness practice, rendering it unattainable for you to concentrate. While hurrying, your anxiety intensifies, several distractions arise, and your fatigue increases exponentially. In an attempt to be more efficient, one can consider multitasking, but this can actually have a detrimental impact on both concentration and stamina, ultimately worsening the situation.

Given that rushing is essentially a response to stress, the appropriate approach to tackle it is to alleviate stress. The coping mechanisms that are effective in times of stress can also be beneficial when seeking to regain a state of mindfulness and presence in the present now. These may include engaging in breathing exercises, practicing meditation, expressing emotions, keeping a journal, or engaging in activities that bring you joy and tranquilly.

10) *Substance dependence*

Addiction is characterized by an irresistible urge for pleasure that hinders one's ability to concentrate on important matters due to unfulfilled desires. Officially recognized addictions include chemical addiction, gambling, and more lately, internet and video game addiction. However, it is also possible to

develop addictions to food, sex, and several other forms of compulsive behaviour that serve as a means of escaping from an undesirable reality.

We used "unpleasant" in quotation marks to emphasize that by evading the true source of your distress and opting for escapism, your tolerance for discomfort diminishes. Overcoming addictions is a challenging task due to the consistent association between the behavioural pattern and the brain's chemical response, specifically the release of dopamine. This chemical reaction induces a state of euphoria, compelling individuals to repeatedly engage in the same behaviour.

Several addiction treatment programmes, which incorporate mindfulness principles, have demonstrated their efficacy over the past few decades. Alternatively, when confronted with mild compulsive behaviour, cultivating mindfulness and a strong desire to be fully present and attentive in the present moment can aid in breaking free from the destructive pattern of compulsion. It is important to acknowledge that you have sole authority over your own life. Your determination to improve is what enables you to overcome negative patterns and establish positive, healthy ones. (Intelligent Change, 2024)

7. Conclusion

Mindfulness functions as a potent tool in directing individuals towards a life characterized by a clear sense of purpose. Through the practice of developing mindfulness and embracing a mindset of impartial acceptance, individuals can attain a deeper understanding of their personal beliefs, passions, and objectives. This increased level of self-awareness enables deliberate decision-making and the synchronization of actions with one's objective. Furthermore, engaging in mindfulness exercises allows individuals to develop empathy for themselves and others, promoting significant relationships and a feeling of inclusion. In essence, adopting mindfulness as a means to lead a life motivated by purpose enables individuals to live genuinely, discover satisfaction, and create a beneficial influence in their surrounding world.

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