

When walking, walk.

When eating, eat.

—Zen saying

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Do just one thing

Practice [single-tasking](#), whatever the task may be: when washing the dishes, just wash the dishes; when cooking, just cook; when eating, just eat; when showering, just shower; when brushing your teeth, just brush your teeth; when driving the car, just drive; when waiting in line, just wait; when listening to a friend, just listen; when feeling your breath, just feel your breath...

Notice how easy or difficult it is to do just one thing.

Notice how you feel before, during, and after doing just one thing.

What you practice is what you have.