

# Ichi-go Ichi-e Mindfulness Workbook

## Embracing the Present: A Practical Guide to Living Fully

Ichi-go Ichi-e (一期一会) is a Japanese philosophy that reminds us that each moment is a unique, fleeting experience. By embracing this mindset, we can cultivate mindfulness, enrich our relationships, and live with greater appreciation. This workbook will guide you through exercises and reflections to integrate Ichi-go Ichi-e into your daily life.

You can definitely do this exercise on your own, or if you prefer to do this with me, just reach out to me at [david@saltnpepper.sg](mailto:david@saltnpepper.sg).

### Step 1: Awareness – Recognising the Uniqueness of Each Moment

**Pause & Observe:**

Take a deep breath. What do you see, hear, and feel at this very moment? Pay attention to the small details you might normally overlook.

**Reflection:** Write down **three things** you notice right now that you usually take for granted.

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## Salt N Pepper - Ikigai Play Coach

### **Embrace Impermanence:**

Remind yourself that this exact moment, this conversation, this sunrise, this shared meal - will never happen again in the same way. Treasure it.

**Question:** What is **one moment** from today that you wish you had appreciated more fully? How can you be more present next time?



### **Let Go of Distractions:**

Set aside your phone, clear mental clutter, and be fully present in what you are experiencing.

**Activity:** For the next hour, put your phone on silent and focus completely on one activity (reading, eating, walking, talking). Afterwards, write about how it felt.



## Step 2: Practicing Presence in Daily Life

### Deepening Relationships: Engaging in Meaningful Conversations

- Put away digital distractions and give people your full attention.
- Listen with curiosity, without rushing to reply.
- Approach each interaction as if it were a once-in-a-lifetime experience.

**Reflection:** Think of a recent conversation where you were fully present. How did it feel? What was different about that interaction?

### Finding Joy in Everyday Activities

- When eating, chew slowly and notice the flavours and textures.
- When drinking coffee or tea, appreciate its warmth, aroma, and taste.
- When walking, feel the rhythm of your steps and notice the beauty of your surroundings.

**Challenge:** Pick one daily activity (e.g., showering, brushing your teeth, drinking coffee) and practice it mindfully for a week. Note how your experience changes.

### Focusing on One Thing at a Time

- Engage in each task fully before moving on to the next.
- Reduce mindless multitasking - your attention is the greatest gift you can give to the present moment.
- Instead of rushing, immerse yourself in what you are doing now.

**Reflection:** What is one area of your life where you can reduce multitasking? How will you implement this change?



**Step 3: Reflection – Strengthening the Ichi-go Ichi-e Mindset**

At the end of each day, reflect on **one moment** you experienced fully. How did it feel? What made it meaningful?

**Daily Reflection:**

**Daily Check-in:**

Ask yourself: "Did I fully engage with the people and experiences around me today?"  
✓ **Yes** ✓ **No** (If no, what could you do differently tomorrow?)

**Gratitude Practice:**

Before bed, recall **three simple moments** that made you feel alive. A smile, a kind word, the scent of rain, tiny moments hold great beauty.

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### Step 4: Practise

You can use the 3 steps as a guide to help you cultivate daily mindfulness and appreciation regularly.

### Final Thought:

I hope this guide provides you with the structure to practise Ichi-go Ichi-e Mindfulness.

Remember, moments come and go, but when we give them our full attention, they become timeless. **Treasure life, one moment at a time.**