The Treasurer of Abhidharma by Vasubandhu (Chap 6):
Meditate on the founds of mindfulness
By examining two characteristics
Of body, feeling, mind, and dharmas.
Full knowing from listening, et cetera.
The others from connection, focus.
The order is as they arise,
Four antis for the erroneous.
It is the foundation of dharmas
That focuses on them combined.
They view them as impermanent,
And suffering, empty, and selfless.

Distinguishing the Middle from Extreme by Maitreya:
Because of taking up bad ways,
because of the causes of conditioned existence,
because of the foundation and
because of an obscured mind,
(one should) engage in the four truths,
which are the close-placement meditation of mindfulness.

From the Sutra:
Aspiration arises; exert effort; apply joyous-diligence; maintain absolute concentration.

The Four Mindfulness:

1. Body
2. Feelings
3. Mind
4. Phenomena

The Four Complete Abandonments:

1. To avoid generating any negative states that have not arisen
2. To abandon negative states that have arisen
3. To generate virtuous states that have not arisen
4. Not to allow any virtuous states that have arisen to deteriorate and to develop them further

Web Resources:
https://encyclopediaofbuddhism.org/wiki/Thirty-seven_factors_of_enlightenment