

# *Mindfulness is...*

- 1.** Being awake and aware in the moment, the one you're in right now.
- 2.** Noting thoughts as they parade through the mind non-judgmentally.
- 3.** Creating space to acknowledge feelings as they are in the moment.
- 4.** Tuning in to sensations within the body with self-kindness.
- 5.** Paying attention to what's happening within you and around you with patience.
- 6.** Seeing clearly what action, if any, the moment is calling for.
- 7.** Practicing self-honesty and speaking your truth to others.
- 8.** Responding rather than reacting in a stressful situation.
- 9.** Accepting whatever is happening in the moment, knowing it is temporary.
- 10.** Exploring a variety of possible ways to solve a problem.
- 11.** Staying curious and open when someone is saying something you don't like.
- 12.** Letting go of the need to change or fix anything right now.
- 13.** Trusting that you have within you what you need to overcome challenges.
- 14.** Making conscious choices rather than living on autopilot.
- 15.** Cultivating love for self and others.



The Mindful Path

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