

# MINDFUL QUALITIES

**ACCEPTANCE:** Acknowledging that things are the way they are and allowing what is to be as it is.

**CURIOSITY:** A sense of interest and wonder; the desire to explore, learn, and know.

**COMPASSION:** Sympathy toward distress in oneself or others, and a desire to reduce it.

**NONSTRIVING:** Being present with what is, as it is. Not having a set of expectations or an attachment to a particular outcome.

**AUTHENTICITY:** Being true to one's personality, character, values, beliefs, and principles. A genuine expression of your true self.

**NOT KNOWING:** The freedom to be curious and open to potential learning. The ability to accept that you don't know everything and the willingness to learn as you go.

**BEING VERSUS DOING:** *Being* takes place in the present moment; you are not focused on the past or future. *Doing* often happens at a faster pace; you are more focused on finishing and often not in the present - too busy in the act of doing something.

**NONHARMFUL JUDGING:** A judgment can be harmful to yourself or others. When you make a nonharmful judgment, you intentionally take the time to assess whether something is true, factual, or real before assessing a value to it. Staying neutral without evaluating people, places, things, or situations.

**GENTLENESS:** Mildness of disposition toward yourself or others. An intentional kindness or warmth.

**GRATITUDE:** Profound appreciation in the moment. Focusing on what is going well and what you have to appreciate and be thankful for.

**PRESENCE:** Attending to or being aware of yourself or others. Giving time to be there for yourself or others.

**LETTING GO:** The process of accepting what you cannot change; an act of releasing control.

**OPENNESS:** The courage and willingness to experience life without barriers and free from concealment.

**PATIENCE:** The ability to calmly bear and withstand circumstances. The ability to tolerate without opposition, adversity, or difficulty.

**FORGIVENESS:** Letting go of resentment or claim toward yourself or others in an attempt to help you move forward.

**CARE-SELF AND OTHER:** Taking an active role to protect your well-being, health, and happiness - or that of others - particularly in times of stress.

**EMPATHY:** Understanding what others are thinking or feeling. Holding emotional space for another and in turn feeling for their experience, as in the phrase "walking in someone else's shoes."

**RESPECT:** Valuing the opinions, experiences, and qualities of others and yourself. Showing dignity and honor to yourself and others.

**TRUST:** Feeling safe and assured with others or in your environment. A belief in the reliability, ability, or strength of somebody or something.

**GENEROSITY:** Freely giving or sharing without expectations or agenda. To give yourself or your resources.

**BEGINNER'S MIND:** Being open to an experience without preconceived notions. To look at and do things with a freshness, as if it were the first time.

**HEARTFULNESS / LOVING-KINDNESS:** Sending well wishes and warm regards toward yourself, others, and/or the world.