



Mindful Attitudes

Attitude	Definition
Non-judgment	Non-judgment is the practice cultivating the ability to understand things around us with kindness and curiosity, so that we can experience them as they truly are. Being an impartial witness of your own experience requires you to become aware of the constant stream of judging and reacting to inner and outer experiences that we are normally caught up in, observe it, and step back from it.
Patience	Patience is a form of wisdom; the understanding that things sometimes things must unfold in their own time. Patience with oneself is an act of acceptance and wisdom, fostering a calm perspective to navigate life's events without frustration, especially when we are tense, agitated or frightened.
Beginner's Mind	Beginner's Mind is the practice of intentionally seeing things around you as if for the first time, by shedding our expectations and preconceptions and welcoming the possibility of a new moment, one that has never been seen before. It's characterized by the qualities of openness and curiosity, being receptive to new ideas and different perspectives, with a desire to learn, explore and delve deeper into how things work.
Trust	"Trusting your own authority" means believing in your own judgment, intuition and inner wisdom when making decisions, rather than relying solely on external sources or the opinions of others. It involves recognizing your own strengths, knowledge, experiences and using them to guide your actions.
Non- striving	Non-striving is the practice of letting go of the urge to control or change things and instead, accepting the present moment as it is. It involves cultivating a sense of ease and allowing things to unfold naturally, rather than constantly pushing for a desired outcome.
Acceptance	Acceptance is the practice of acknowledging the present moment, including thoughts, feelings and sensations, without judgment or resistance. It's not about liking or approving of what is happening; rather it's about recognizing it as it is, and choosing how to respond.
Letting go	Letting go is a practice of observing and accepting thoughts and emotions without judgment, allowing them to pass naturally, much like the breath. It's about releasing attachments to outcomes, expectations, and even past or future worries, focusing instead on the present moment.
Generosity	Generosity is the practice of giving, with awareness and intention, considering both the needs of others and one's own well-being. It's not just about the act of giving; it's also about the motivation and awareness that accompanies the action.
Gratitude	Gratitude is the practice of intentionally cultivating an awareness and appreciation for the good things in one's life, while simultaneously practicing mindful attention to the present moment.
Equanimity	Equanimity is the practice of grounded presence amid extremes when the mind is steady and responsive. It is the awareness so spacious that whatever arises in our mind and heart, whether agreeable or disagreeable, is small and incidental compared to awareness itself. When we are equanimous, nothing is left out of heart's view.