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## **7 key attitudes of mindfulness**

*Taken from Full Catastrophe Living (1990), Jon Kabat-Zinn*

# 7 key attitudes of mindfulness

## 1 Non-judging

This attitude involves observing our thoughts, emotions, and experiences without labelling them as good or bad.

By practicing non-judgement, we nurture a sense of acceptance and curiosity, allowing us to experience things as they are, without getting caught up in evaluations or criticism.

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## 2 Patience

Patience is the attitude of accepting the present moment without rushing or striving for a particular outcome. It involves allowing things to unfold in their own time and being kind to ourselves during periods of difficulty or waiting.

Patience cultivates a sense of calm and resilience, enabling us to navigate challenges with grace.

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## 3 Beginner's mind

This attitude invites us to approach each moment with a sense of curiosity and openness, as if we were experiencing it for the first time.

By letting go of preconceived notions and assumptions, we can see a fresh perspective and deepen our understanding of ourselves and the world around us.

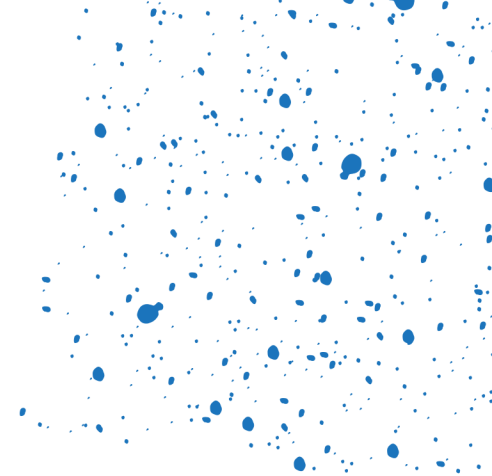
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## 4 Trust

Trust is an essential attitude in mindfulness that involves having faith in our own inner wisdom and the inherent goodness of life. It encourages us to let go of the need to control or resist, allowing us to embrace the present moment with a sense of surrender and openness.

Trusting the process of life allows us to navigate uncertainty with greater ease.

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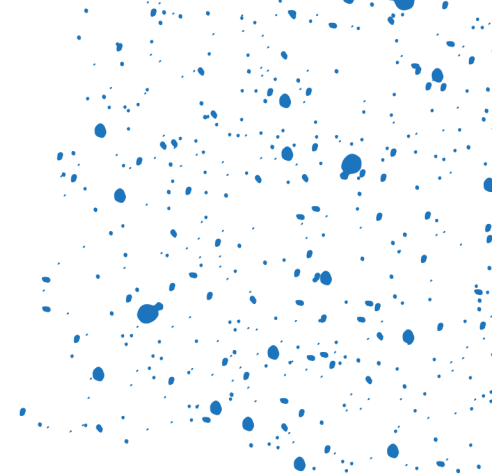


## 5 Non-striving

Non-striving is the attitude of being in the present moment without striving for a particular outcome. It involves letting go of the need to achieve or attain, and instead, focusing on the process and being fully engaged in the present.

By embracing non-striving, we can find contentment and fulfilment in the journey itself.

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## 6 Acceptance

Acceptance is the attitude of acknowledging and embracing our present moment experiences, even if they are uncomfortable or challenging. It involves letting go of resistance and judgement, and allowing things to be as they are.

Acceptance encourages compassion for ourselves and others, fostering a sense of peace and well-being.

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## 7 Letting go

The attitude of letting go involves releasing attachment to thoughts, emotions, and experiences, allowing them to arise and pass without clinging or grasping. It encourages us to surrender control and trust in the natural flow of life.

Letting go frees us from unnecessary suffering and allows us to experience greater ease and freedom.

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