

A SUMMARY OF ATTITUDINAL FOUNDATION OF MINDFULNESS

JON KABAT-ZINN
FULL CATASTROPHE LIVING

NON-JUDGING noticing the urge to categorize or label thoughts that arise in your mind

PATIENCE understanding that sometimes things must unfold in their own time. the process cannot be hurried

BEGINNER'S MIND cultivating a willingness to see see things as if for the first time

TRUST being confident in your intuition and your own authority, even if you make "mistakes" along the way. you are your best guide

NON-STRIVING being yourself always . . . without pushing to achieve anything else

ACCEPTANCE acknowledging things as they are instead of what you think they should be

LETTING GO releasing attachment to experiences, whether good or bad. being simply an observer

GENEROSITY giving time, energy and attention to others, while practicing self-compassion always

GRATITUDE expressing appreciation, and maintaining a sense of wonder for life's unfolding mysteries