
Attitudes of Mindfulness Practice

Non-judging: assuming the stance of an impartial witness to your own experience; observing the present moment without evaluation and categorization

Patience: Allowing things to unfold in their own time

Beginner's Mind (Openness): Seeing things freshly, as if for the first time. The richness of present-moment experience is the richness of life itself.

Trust: Developing a basic trust in your experience—trusting your intuition rather than always looking outside yourself for guidance

Nonstriving: Non-goal-oriented, remaining unattached to outcome or achievement

Acceptance: Seeing and acknowledging things as they are in the present moment, taking each moment as it comes and being with it fully, as it is, trying not to impose ideas about what we should be feeling or thinking or seeing on our experience.

Letting be/Letting go: Nonattachment, not holding on to thoughts, feelings, experience; intentionally putting aside the tendency to judge, grasp, or push away

Nonattachment: Letting go of grasping and clinging to outcome, and allowing the process to simply unfold

Curiosity: A spirit of interest, investigation, and exploration

Gentleness: A soft, considerate and tender quality; however, not passive, undisciplined, or indulgent

Nonreactivity: Ability to respond with consciousness and clarity instead of automatically reacting in a habitual, conditioned way

Loving-kindness: A quality embodying friendliness, benevolence, and love

Note: the first seven attitudes were originally identified by Jon Kabat-Zinn, **Full Catastrophe Living**; the last five have been added over time and are presented as listed in **The Art and Science of Mindfulness**, Shapiro and Carlson.