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## 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.