
Mindlessness—Mindfulness

Characteristics

Mindlessness

Rushing most of the time

Living on “Automatic Pilot”

Task orientation—“just get it done”

Random activity

Little thinking about purpose and intention

Little insight and self awareness

Sense of urgency/anxiety

Constant judgment and reactivity

Repetitiveness sameness: doing things over and over the same way

Lack of focus and clarity

Multi-tasking

Living life half-asleep

Mindfulness

Slowing down from time to time

Thinking-reflecting about purpose

Questions purpose and priority of activities

Thoughtful activity

Aware of purpose and intention

Increasing insight and self awareness

Sense of calm/serenity

Nonjudgment and appropriate, more effective reactivity

Creativity—trying new things—doing things differently

Ability to stay focused—to stay in the present moment

Single-tasking

Living life Awake!