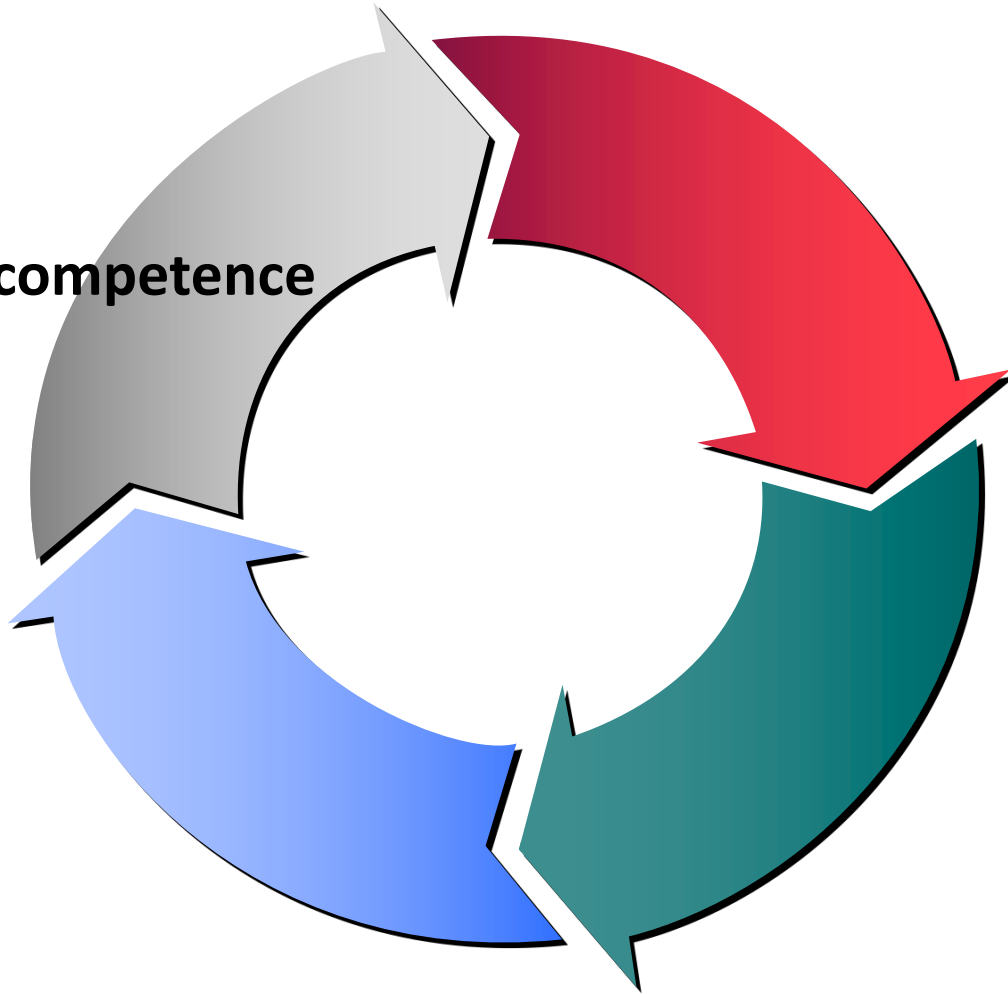
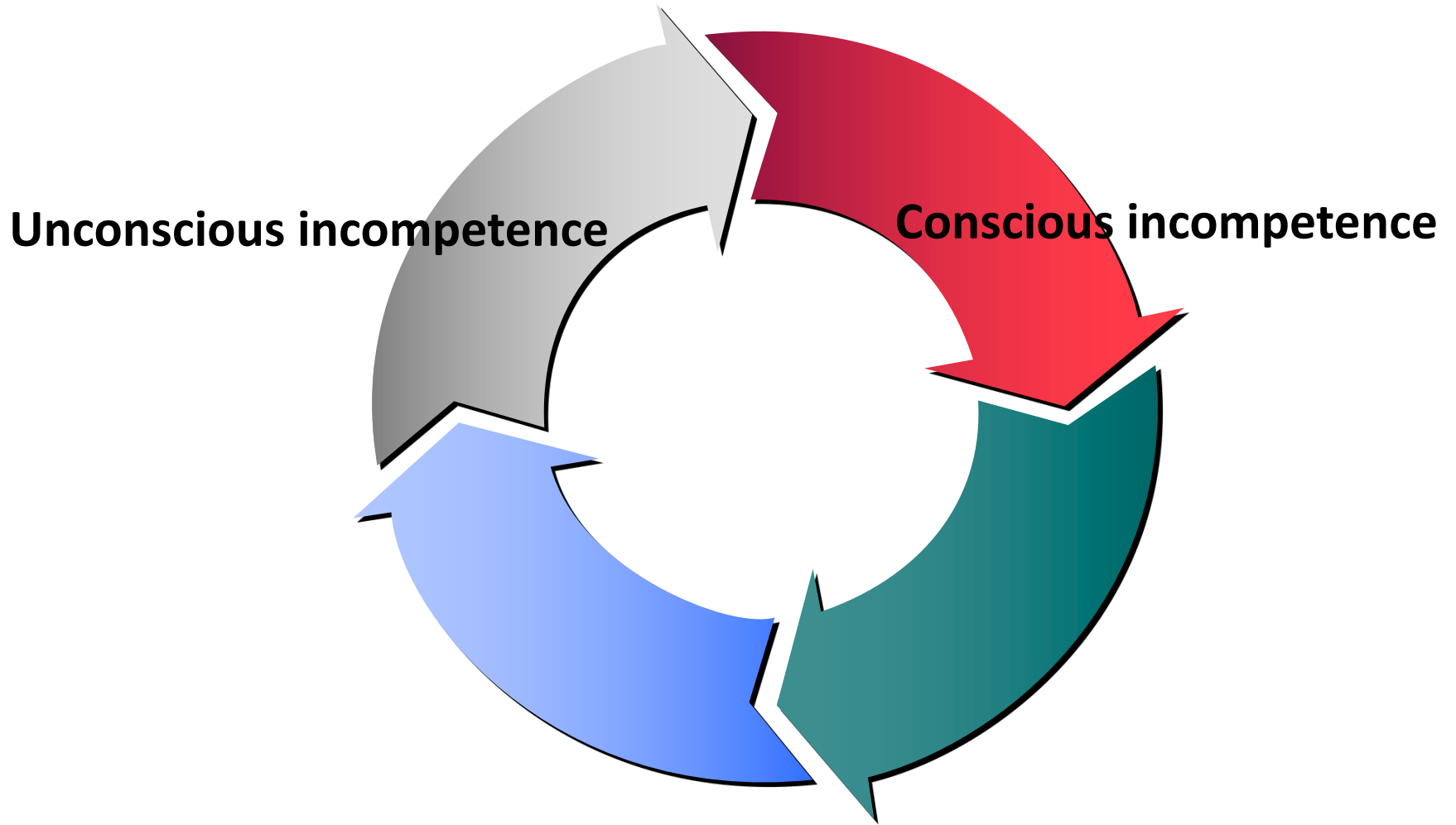
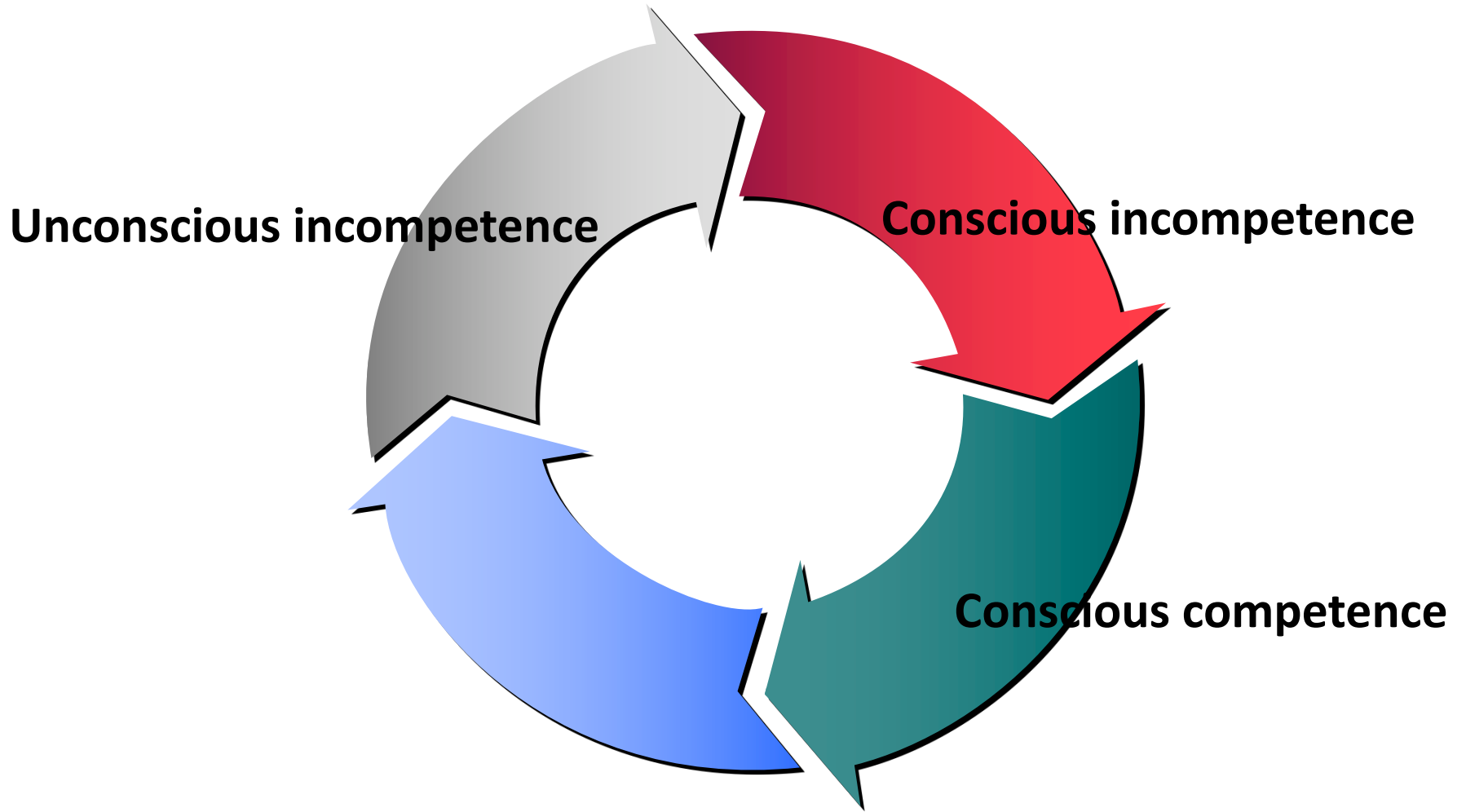
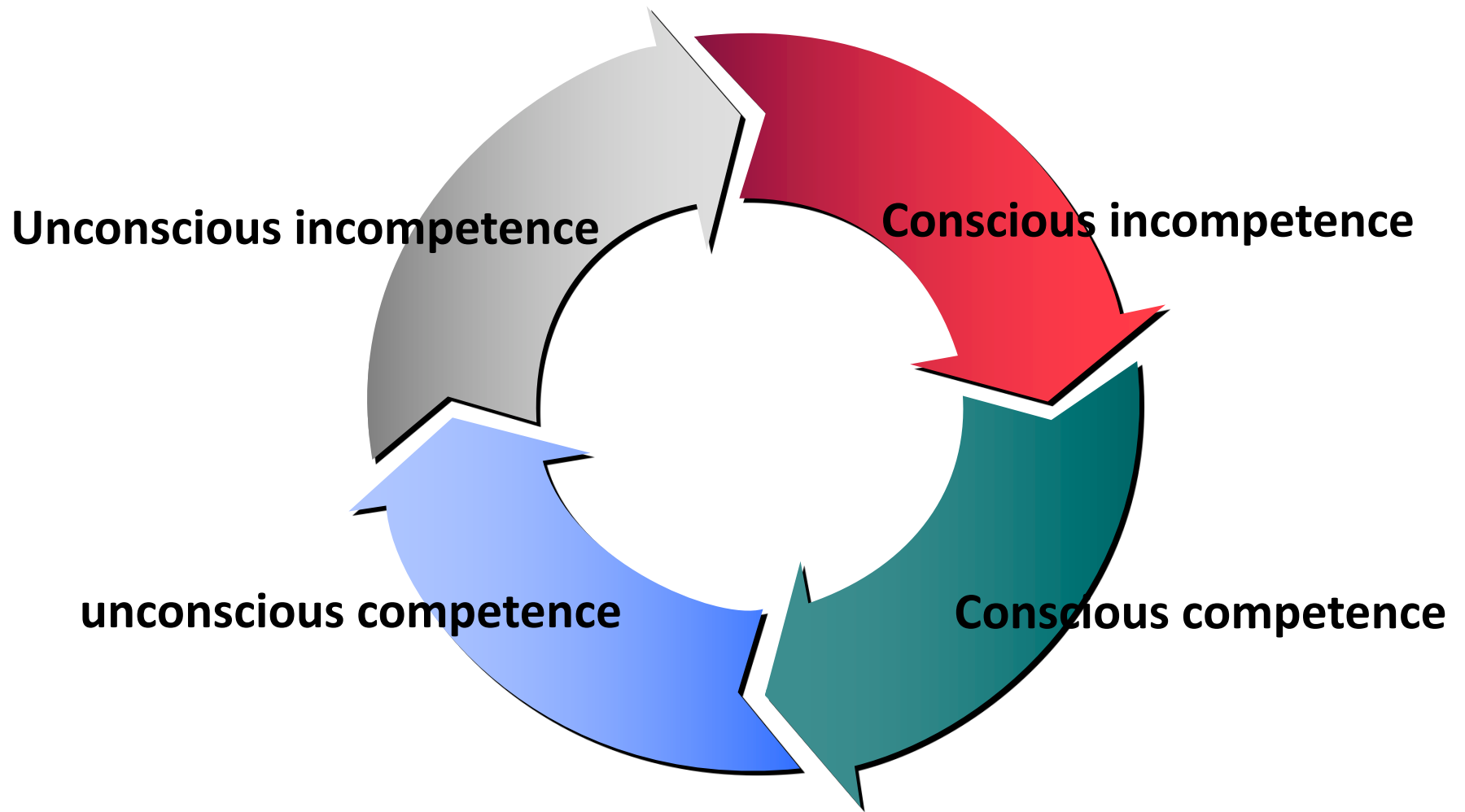


Unconscious incompetence









Jon Kabat-Zinn

- **1. Non Judging.** Notice if you are describing yourself as being 'good at' or 'no good at' being Mindful
- **2. Patience.** Mindfulness logic appears to be very simple. Like many things like knowing what we should eat, that we should exercise and that we should not smoke takes time and self compassion to achieve.
- **3. Beginners Mind.** A mind that is willing to see everything as if we are seeing for the first time. Fresh eyes as you look at someone you know.
- **5. Non Striving.** During a Mindful 'meditation' we are not 'trying to get somewhere'. Try less and be more. Simply allow whatever we experience to be there as it already is.
- **6. Acceptance.** Accept what/who/where you are . We waste so much energy fighting and challenging what exists. Acceptance is a willingness to see things as they are – as it is.
- **7. Letting go (aka 'letting be').** Letting go is a way of accepting things as they are. Thinking about enjoying our life we need to let go of the 'I used to be able to...' statements that focus on things that are no longer there and so allow us to focus on what is here.

A Practical Example



Quotes

- “You can't stop the waves, but you can learn to surf”
- “I’m not telling you it is going to be easy, I’m telling you it is going to be worth it”
- “We are addicted to our thoughts. We cannot change anything if we cannot change our thinking”
- “Your worst enemy cannot hurt you as much as your own unguarded thoughts”.