



Working definition from Jon Kabat Zin

LivingMoreFully.com

www.naomigoodlet.com

WHAT IS MINDFULNESS?

Mindfulness is...

Observing your life as it is happening

.....
Accepting your current situation without
judgement or struggle

.....
Allowing feelings to exist without letting them drive
your actions

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Noticing thoughts as they arise without the need
to buy into them

.....
Taking action based on what you feel in your
heart rather than old habits or short term
convenience

