7 Ways to Practice Mindfulness 24-7ish

Jon Kabat-Zinn has been promoting the power of mindfulness for decades. He is the founder of Mindfulness-Based Stress Reduction, which has changed the lives of millions all over the world.

In MBSR teachings, Kabat-Zinn shares seven attitudes of mindfulness – each one a way to engage in life with full attention.

The very basics →

1. NON-JUDGING
   Noticing thoughts without judgment or commentary.

2. PATIENCE
   An ongoing practice!

3. A BEGINNER’S MIND
   Seeing everything as if for the first time.

4. TRUST
   Believing in yourself, your feelings and your gut. Taking responsibility for your well-being.

5. NON-STRIVING
   Focusing on each moment without fixating on what comes next.

6. ACCEPTANCE
   Acknowledging how it is in this moment. Note the difference between seeing things as they are (acceptance) and seeing them as unchangeable (resignation).

7. LETTING GO
   Take a breath in. Exhale. Let go.