

# Mindfulness Checklist

- Acceptance
- Attention
- Awareness
- Breathing
- Connection to nature
- Connection to people
- Curiosity
- Development of talents
- Everyday mindfulness
- Gentleness
- Healthy Living
- Intention
- Kindness
- Learning
- Letting go
- Meditation
- Non-judgement
- Patience
- Present moment
- Self-awareness
- Trust
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Add some of your own!