

MINDFULNESS TIPS FOR YOUR TOP STRENGTHS

☐ Creativity

Practice a variety of sitting postures, different ways to follow your breath, and alternate paths for managing mind wandering.

☐ Curiosity

Never stop exploring what is rising and falling in your present moment.

☐ Judgment

Investigate distractions that arise in your mind for several seconds, before returning to your breath.

☐ Love of Learning

Merge mindfulness with a meditation reading.

☐ Perspective

Merge mindfulness with a philosophical reading.

☐ Bravery

Keep challenging yourself! Gently challenge your body positioning (e.g., how you sit, how you cross your legs), breath with muscle tension, face inner discomfort, and challenge yourself with the location of your practice, e.g., with different types of weather, in loud and quiet environments.

☐ Perseverance

Challenge yourself at the onset of each meditation period to overcome any obstacle that arises, e.g., mind wandering, sounds, body tension, etc.

☐ Honesty

See each meditation experience as an opportunity to break through at least one internal blind spot to see yourself more clearly.

☐ Zest

Merge sitting meditation and mindful walking (e.g., walk, then sit, then walk).

☐ Love

Offer up each meditation experience as a loving dedication to someone alive or deceased; consider choosing a different person each time.

☐ Kindness

Weave in compassion practice (self-compassion and compassion for others) in each of your meditation practices.

☐ Social Intelligence

For each meditation period, mindfully reflect upon those who are suffering; empathize with the sufferer.

☐ Teamwork

Practice meditation with another person or as part of a meditation group or spiritual community.

☐ Fairness

Practice offering benefit "to all beings" on the planet during your meditation (this include human, animals, plants, and other organisms).

☐ Leadership

In preparation for each new meditation period, organize a step-by-step structure that you'd be willing to follow.

☐ Forgiveness

Before each meditation, spend time deliberately "letting go" in which you breathe out and release tension, stress, blame, and defensiveness.

☐ Humility

At the onset of your practice, remind yourself of the impermanence of life as you reflect on your mortality and the mortality of those you love.

☐ Prudence

Closely adhere to every standard meditation instruction in your practice, e.g., posture, airflow, placement of hands.

☐ Self-Regulation

Follow a disciplined daily structure – same day, same time, same amount of time, same practice – for a week.

☐ Appreciation of Beauty and Excellence

Engage in your mindful sitting or mindful walking practice outside, with your eyes open.

☐ Gratitude

Infuse a blessing component at the beginning and end of your meditation practice.

☐ Hope

Practice your meditation during the day when your energy is highest; conclude with one optimistic statement.

☐ Humor

Replay in your mind one funny, meaningful conversation or experience from the last day prior to each meditation practice.

☐ Spirituality

Infuse your practice with a prayer at the beginning and end, or merge it with "centering prayer" practice.