



# Attitude

## Mindfulness

### EVERYDAY MIND

Resistance  
Attachment  
Judgment  
Distraction  
Doubt  
Mistrust  
Pessimism  
Expertism  
Know-it-all  
Stubbornness  
Fatigue | Indifference  
Passivity  
Digression  
impatience  
Orientation: past/future stuckness  
Ego-centeredness  
Dependence on the outside  
Fatalism

### MINDFUL ATTITUDE

Acceptance  
Letting go  
Impartiality  
Concentration  
Trust  
Benevolence | Loving Confidence  
Interest openness  
Curiosity | Open-mindedness Attention |  
Attentiveness  
Awareness  
Presence  
Patience  
Present moment | "Here & Now"  
Joy of experimentation  
Connection with oneself and  
environment  
Intuition  
Process Awareness

Aspects of the mindful attitude in comparison to traps that occur in everyday life, which we can fall into or slip into. Reflect for yourself which aspects you recognize in yourself and which you can change in a positive sense.