

7 Things Mindful People Do Differently

1

GET CURIOUS

Approach everyday things with a beginner's mind

FORGIVE MISTAKES
Find peace with
imperfection

2

FEEL COMPASSION
Be kind to yourself
and others

4

FIND COURAGE
Embrace vulnerability
and build confidence

6

3

SHOW GRATITUDE
Savor the good and
find grace for the bad

5

ACCEPT CHANGE
Appreciate that all
things come and go

7

PLAY MORE
Try new things, take
risks, and have fun