**Mindful Qualities – Words - Acronyms**

* Awareness
* Acceptance
* Fresh Eyes
* Beginners Mind
* Openness
* Curiosity
* Non-Judgmental
* Non-Bias
* Patience
* Empathy
* Gratitude
* Appreciation
* Self-Gratitude
* Self-Compassion
* Self-Appreciation
* Kindness
* Compassion
* Loving Kindness
* Forgiveness
* Gentleness
* Thoughtfulness
* Respect
* Authenticity
* Letting Go
* Peacefulness
* Being vs Doing
* Non-Striving
* At-Ease
* Reframing
* Intention

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