

# 9 Qualities Of Mindfulness

By practicing these qualities in your everyday life, you can become more mindful of yourself and others.

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1. Sensitivity
2. Compassion
3. Receptivity
4. Nonjudgement
5. Kindness
6. Acceptance
7. Understanding
8. Nonattachment
9. Equanimity



**UPRIGHT MOVEMENT**  
Defy Gravity