

10 Mindful Qualities

1 *Be Curious*

Questions are more powerful than answers.

2 *Be Open*

Vulnerability is our strength.

3 *Lead With Love*

Be a heart-centered model.

4 *Trust*

Let go of thinking you need to be in control.

5 *Foster Connection*

Put the relationship first.

6 *Honor the Journey*

Everyone's path is sacred.

7 *Embrace Impermanence*

Change is inevitable.

8 *Accept*

Make peace with imperfection.

9 *Practice Gratitude*

Everything serves us in some way.

10 *Show Compassion*

Approach with gentleness.

