## MBSP Handout 8.1

# Session 8:

# Your Engagement With Life

### Mindfulness and Character Strength – Key Reminders

- Notice your mind's autopilot tendencies. Embrace this capacity of your mind. Catch your AP-ASAP.
- Return your attention back to the present moment with openness and curiosity a billion[1] more times in your life.
- Bring awareness to your character strengths often; accept and value your strengths; find ways to express them regularly in your life.
- Practice spotting and overtly valuing the strengths of others, at good times and difficult/stressful times.
- Face your mindfulness practice (and the obstacles that come up) as an opportunity to deepen your connection with yourself/others/the world.
- Face your problems by using your strengths. Consider how you may have overused or underused several strengths and understand how you can deploy your strengths to temper overuse and/or better manage the problem.
- Implement goals in which you can use your strengths to help you get the most out of life.
- Bring mindfulness and strengths into your daily routines. Never give up on finding new ways to express your signature strengths in your life.
- Maintain a mindfulness practice that you resonate most with. Use your strengths to stick with it.
- Return to "beginner's mind" (seeing things as if for the first time) at least once every day.

[1] One should not take this statement light. To highlight how big of a number a billion is consider the difference between a million and a billion: A million seconds is 12 days; a billion seconds is 31 years!