

MINDFULNESS

- mind is more stable
- able to be present with experience as it is
- less reactive
- more resilient in the face of stress
- calmer and happier

COMPASSION

- kind allowing curious attitude
- setting healthy boundaries
- appropriately assertive
- less self-criticism
- authentically me
- glass half full
- I like myself

INSIGHT

- seeing deeply
- lighter sense of self
- increased freewill
- recognising habit patterns
- refraining from unskilful habit patterns
- creating conditions for ease-of-being in the world

WISDOM

- understanding reality through meditation practice
- living in accordance with that reality
- free from needless suffering that comes from resisting reality

