

THE CO-MINDFULNESS PROJECT

Is compassion the key to happiness?

The concept of co-mindfulness refers to bringing our attention, integrity and compassion to our relationships to nurture more love in our lives and to thrive. Our individual growth only becomes meaningful in how it lifts up the lives of others. It's about the healing, happiness and sense of fulfillment that we can experience when practicing mindfulness together.

Review the principles below and reflect on the relationships in your own life.

The 10 Principles of Co-Mindfulness

1. Deep listening
2. Paying close attention.
3. Leading with curiosity not judgment.
4. Letting go of expectations.
5. Committing to the truth.
6. Inviting criticism.
7. Breathing to avoid reacting.
8. Circling back to compassion.
9. Maintaining our integrity.
10. Connecting with love.

1. With whom do you currently have the most mindful relationship?

2. Is there a challenging relationship(s) in your life?

3. Which relationship would you most like to improve by practicing co-mindfulness?

4. Would joining the free, guided Co-Mindfulness Project help you stay accountable to yourself as you work to improve this difficult relationship?

Join The Co-Mindfulness Project. It's free!
REAL PEOPLE. REAL DATA. LEARNING TOGETHER.

If you are interested in actively improving an important relationship in your life using the co-mindfulness principles, join our citizen science project. We believe that together, we can generate the knowledge and power to enact real change in our lives and in the lives of others.

Sign up at bbrconsulting.us/comindfulness

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WORKSHEET