

MINDFUL LEADERSHIP
INTENTIONAL PRESENCE

Instead of	Mindful Leadership Constructs	Instead of acting
Regretting, living in the past	← Being Fully Present →	Worrying about tomorrow
Inattentiveness	←Beginner’s Eyes→	“I already know this”
Unaware; not seeing the reality of the situation	← Acceptance →	Blaming others; denying
Preoccupied or distracted	← Awareness →	Denying reality
Not caring or noticing, preoccupied	← Compassion →	Judging or criticizing
Not caring enough to change	← Letting Go →	Holding on; ruminating
Disregarding, disinterested	← Listening →	Interrupting or telling your story
Harsh, inner criticism	←Self-Compassion→	Feeling isolated or alone