15 Things Mindful People Do Differently

1. They don't believe their thoughts and they don't take them all that seriously
2. They don't try to avoid or deny emotions
3. They understand that all things come and go
4. They do one thing at a time
5. They turn everyday tasks into mindful moments
6. They practice being curious
7. They get outdoors and embrace the beauty of nature
8. They enjoy every bite when they eat
9. They slow down when reading and truly take the information in
10. They are fully present when listening without trying to control or judge
11. They take mini-breaks every hour or so when working or studying
12. They laugh at themselves
13. They reflect on what they're feeling
14. They think of what they still want
15. They nourish their bodies

List created by Ideapod