

# Radical Acceptance

*Relax and enjoy who I am and what I'm doing.*

*Mindfulness of the body leads to happiness in this life and helps reclaim our spirit.*

*Bring a kind attention to our capacities and limitations and continue to live creatively.*

*Observing desire without acting on it enlarges our freedom to choose how we live.*

*Discover how to love ourselves into wholeness instead of striving for perfection.*

*Instead of getting caught up in worrying or trying to fix things, we can lean into fear.*

*Pause and make myself available to whatever life is offering us in each moment.*

*Embrace our vulnerability and accept ourselves with compassion and kindness.*

*Pausing interrupts entrenched patterns, helps us reconnect with the present moment, and discover possibilities in life.*

*Softening our hearts together opens up our circle of compassion - we are real and matter to each other.*

*Put down ideas of what life should be like; we are free to wholeheartedly say yes to our life as it is.*

*Relationships with others matter. We need others to help us dismantle the walls of our isolation and remind us of our belonging.*

*Be aware of the intentions that motivate our behavior.*

*Be aware of the consequences of our actions.*

*The very nature of our awareness is to know what is happening.*

*The very nature of our heart is to care.*

