

# A MINDFUL Community

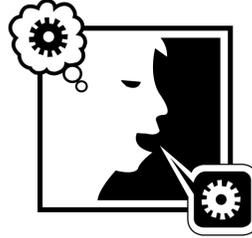
## Habits of Mind

*Intelligent Dispositions: Intelligent Attitudes and Behaviours*



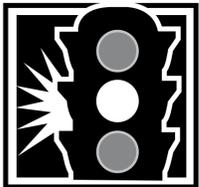
### **Stick at it**

*Practice commitment and persistence as they lead to success.*



### **Be clear when you communicate**

*Use clear language as fuzzy language reflects fuzzy thinking. Intelligent people strive to communicate accurately.*



### **Have self discipline**

*Practice self-control and managing your impulses. Think about the consequences before you act.*



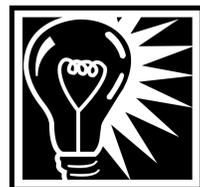
### **Use all your senses to gather data**

*Use your mind to gather information from touch, movement, taste, smell, sight and sound.*



### **Understand other people**

*Listen and try to understand others and empathise with them.*



### **Be creative**

*Imagine new ideas and alternative ways of doing things.*



### **Think of different ways of solving a problem**

*Try new approaches as you receive additional information. Be flexible.*



### **See the wonder, mystery and awe in the world**

*Be intrigued and passionate about the world and enjoy figuring things out.*



### **Understand your thinking**

*Think about a plan, reflect on how it is going, and evaluate the quality of your thinking. This is called metacognition.*



### **Move out of your comfort zone**

*Take responsible risks by trying new activities, accepting challenges and finding your limits.*



### **Be precise and accurate**

*Review (check over) and correct your work. Aim for excellence.*



### **Laugh and enjoy life**

*Develop your sense of humour. Laugh at your own strange ways, but don't find humour in ways that hurt others.*



### **Be curious**

*Ask questions and seek solutions to problems.*



### **Cooperate together**

*Work together to be more clever and powerful. Look after other people. Be compassionate and humble.*



### **Learn from your experiences**

*Use what you know from the past and apply it in new situations.*



### **Keep learning**

*Be eager to learn. Intelligent people are always learning, improving and developing.*



### **Learn to lead**

*Look for ways to make things better for others. This shows good character.*