

**American Management Association's  
Mindful Leadership:  
Cultivating Excellence from Within**

***Awareness and Attitude***

- Recognize the Attitude and Qualities of a Mindful Leader
- Use Mindfulness Techniques to Examine Your Attitude
- Develop New Habits and Intentional Practices to Cultivate Awareness

***Mindfulness***

- Apply Mindfulness to Pursue Clarity, Check Assumptions, and Communicate Thoughtfully
- Lead Mindfully in the Face of Contradictions
- Achieve Different Outcomes for Situations By Applying Mindfulness Techniques

***Meditation***

- Explain the Purpose of Meditation
- Describe the Relationship Among Meditation, Knowledge, and Reflection
- Meditate While Seated and Walking
- Journal
- Determine Effective Approaches to Your Personal Challenge
- Make Informed Commitments to Practicing Mindfulness Yourself and Coaching Your Team to Be More Mindful

***Letting Go***

- Describe the Authentic Process of Letting Go
- Explain the Relationship Between Mindfulness and Letting Go

***Commitment and Courage***

- Define “Commitment” for Yourself and Your Organization
- Make a Commitment That Will Aid Your Ability to Address Your Personal Challenge
- Describe the Types of Situations That Require Courage
- Identify Acts of Courage That May Be Required to Stick to Your Commitments