

逆境  
Adversity

### Mindfulness Cards

Reflect, for a moment, on the Chinese Symbol, the Word, and the following quote. How does this relate to you, your loved ones, friends, colleagues and community?

*You don't develop courage by being happy in your relationships every day. You develop it by surviving difficult times and challenging **ADVERSITY**.* Epicurus

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逆境  
Conflict

### Mindfulness Cards

Reflect, for a moment, on the Chinese Symbol, the Word, and the following quote. How does this relate to you, your loved ones, friends, colleagues and community?

*Whenever you're in **CONFLICT** with someone, there is one factor that can make the difference between damaging your relationship and deepening it.*

*That factor is attitude.* William James

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危机  
Crisis

### Mindfulness Cards

Reflect, for a moment, on the Chinese Symbol, the Word, and the following quote. How does this relate to you, your loved ones, friends, colleagues and community?

*You never let a serious **CRISIS** go to waste. It's an opportunity to do things you think you could not do before.*

Rahm Emanuel

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批評  
Criticism

### Mindfulness Cards

Reflect, for a moment, on the Chinese Symbol, the Word, and the following quote. How does this relate to you, your loved ones, friends, colleagues and community?

*There is only one way to avoid **CRITICISM**: do nothing, say nothing, and be nothing.* Aristotle

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害怕  
Fear

### Mindfulness Cards

Reflect, for a moment, on the Chinese Symbol, the Word, and the following quote. How does this relate to you, your loved ones, friends, colleagues and community?

*If you let your **FEAR** of consequence prevent you from following your deepest instinct, your life will be safe, expedient and thin.* Katharine Butler Hathaway

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障礙  
Obstacles

### Mindfulness Cards

Reflect, for a moment, on the Chinese Symbol, the Word, and the following quote. How does this relate to you, your loved ones, friends, colleagues and community?

***OBSTACLES**, of course, are developmentally necessary. They teach kids strategy, patience, critical thinking, resilience and resourcefulness.* Naomi Wolf

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