

# 平衡

Balance

## 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?

*BALANCE is the perfect state of still water. Let that be our model. It remains quiet within and is not disturbed on the surface.* Confucius

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# 同情

Compassion

## 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 want others to be happy, practice COMPASSION. If you want to be happy, practice COMPASSION.* Dali Lama

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# 优秀

Excellence

## 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?

*We are what we repeatedly do. EXCELLENCE, then, is not an act, but a habit.*

Aristotle

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# 感激

Gratitude

## 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?

*GRATITUDE makes sense of our past, brings peace for today, and creates a vision for tomorrow.*

Melody Beattie

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# 灵感

Inspiration

## 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?

*INSPIRATION exists, but it must find you working.*

Pablo Picasso

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# 智慧

Wisdom

## 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?

*The teacher who is indeed wise does not bid you to enter the house of his WISDOM but rather leads you to the threshold of your mind.* Khalil Gibran

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