

# EQUANIMITY

Equanimity - mental calmness, composure, and evenness of temper, especially in a difficult situation

Explain equanimity to a 5 year old

What techniques do you use to achieve equanimity?

What is holding you back from achieving equanimity?

Why is this a virtue?

What are the benefits of achieving equanimity?

When have you shown equanimity?

What did you do at that time?

What situation did you find yourself in where you did not show equanimity?

What could you have done to improve the state of equanimity in that situation?

Who do you envy for their equanimity?