

## Abstract

Mindfulness is defined as the state of being attentive to and aware of what is taking place in the present. It was found to be correlated with many psychological well-being measures such as self-esteem and it also indicated lower level of neuroticism in the previous research. Since we still do not know how mindfulness leads to life satisfaction, this study aims to provide conceptual and empirical explanation for the mechanism. The result of self-reported questionnaires from 111 college students suggests that self-esteem and relationship harmony are two mediators between mindfulness and life satisfaction. Path analysis confirms our mediation model in describing the relations. The possible reasons for the model and further research directions are discussed in the current paper.