

Mindfulness Worksheet

Take some time to reflect on what you have learned about Mindfulness.

Instructions: Think about the many ways mindfulness can be a useful tool in improving your life. Use the space below to write down some thoughts or start a notebook.

Prompts to help you get started:

Which benefits of mindfulness do you think would be helpful to you based on what you are currently experiencing in your life? For example:

- Are you hoping to lower your stress reactions at work, or with a family member?
- Would you like to be more mindful about what you are buying or eating?
- Would you like to lower your anxiety about your health?

Which mindfulness techniques (such as meditation, yoga, STOP exercise, slow and deep breathing) will you use? How often will you use these techniques?

Date:

