

Mindfulness Worksheet

Name: _____ Date: _____



Check-in (1-2 minutes)

Before beginning, rate your current state:

Stress level (1-10):

Physical tension (1-10):

Mental clarity (1-10):

Mindful breathing (3-5 minutes)

Find a comfortable position.
Focus on your breath moving in and out.
When your mind wanders, gently return to your breath.

Observations:

Body scan (5 minutes)

Moving your attention slowly from head to toe, notice...

Areas of tension:

Areas of comfort:

Thoughts and feelings awareness

Notice what's arising in your mind right now.

Thoughts	Feelings	Physical sensations

Anchoring in the present

List 5 things you can observe right now.

See	Hear	Feel

Smell	Taste

Reflection

What was easy to notice?	What was challenging?	One insight from this practice

Check-out (1 minute)

After completing the exercises, rate your current state on a scale of 1 (lowest) to 10 (highest):

Stress level:	Physical tension:	Mental clarity:

Remember: There is no "right way" to practice mindfulness. Being aware of your experience without judgment is the practice itself.