

Inside | Outside

Mindfulness means being fully present and paying attention to everything about what is going on in each moment, both inside of us and outside of us.

DIRECTIONS: Sit quietly. Take a few minutes to notice the present moment. First, with your eyes open, notice what is going on in the present moment outside of you (the outside present). Let all five of your senses contribute to your awareness. Then close your eyes and focus on what is going on in the present moment inside of your body (the inside present). When you are finished, write down what you noticed outside and inside.

My Inside Present



My Outside Present
