

Name \_\_\_\_\_ *Mindfulness*



# Mindfulness

1. Describe a recent situation in which you practiced mindfulness.

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2. How did you practice mindfulness? Circle all that apply.

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|-----------------|-------------------|--------------|
| Being Present   | Mindful Breathing | Mindful Word |
| Beginner's Mind | Patience          | Surrender    |
| Non-judgment    | Non-striving      | Generosity   |
| Acceptance      | Gratitude         | Trust        |

3. How did you apply these techniques?

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4. Describe how the situation unfolded.

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