

7 Days to Mindfulness

Free Mindfulness Workbook



WWW.LEANDRAPETTERSON.COM

Created by Leandra



Welcome

Welcome to your 7-day mindfulness workbook! This journey is designed to help you cultivate a deeper sense of awareness and presence in your daily life. Each day, you'll find exercises and reflections that guide you towards greater mental clarity and emotional balance.



By dedicating just a few minutes each day, you'll develop tools to manage stress, enhance focus, and foster inner peace. Let's embark on this transformative journey together and discover the profound benefits of mindfulness.

Leandra

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HOW TO USE THIS WORKBOOK

Each day, you'll explore a new mindfulness practice. Spend 5-10 minutes in the morning setting your intention(s), and another 5-10 minutes in the evening reflecting on the day. Keep a pen nearby for journal prompts.

Take your time with each activity, allowing yourself to fully immerse in the experience. Lastly, keep a journal to note any insights or changes you observe throughout the week.

QUESTIONS?

contact@leandrapetterson.com

www.leandrapetterson.com

@LeandraPetterson

INTRODUCTION TO MINDFULNESS

Mindfulness is the practice of being fully present and aware of what you are doing, without judgment. It's a way to slow down and experience the moment as it is, with curiosity and acceptance.



WHY PRACTICE MINDFULNESS?

- Reduces stress
- Improves focus
- Enhances emotional regulation
- Promotes mental clarity
- Increases compassion



Practicing mindfulness offers numerous benefits, including reduced stress, improved focus, and enhanced emotional well-being. By staying present in the moment, individuals can develop greater self-awareness and manage difficult emotions with more ease. Mindfulness also promotes mental clarity, boosts resilience, and fosters compassion, helping people to respond to life's challenges with a calm, balanced mindset. With regular practice, mindfulness can significantly enhance overall happiness and life satisfaction.

"Mindfulness isn't about getting anywhere else. It's about being where you are and realizing that's enough." – Jon Kabat-Zinn

Day 1: Mindful Breathing

Morning Intention:

“Today, I will focus on my breath, letting it guide me back to the present moment whenever my mind wanders.”

Practice:

- Find a comfortable seated position.
- Close your eyes and take a deep breath in through your nose, out through your mouth.
- Now breathe naturally, focusing on the sensation of your breath as it enters and leaves your body.
- When thoughts arise, gently bring your attention back to your breath.

Journal Prompt (Morning):

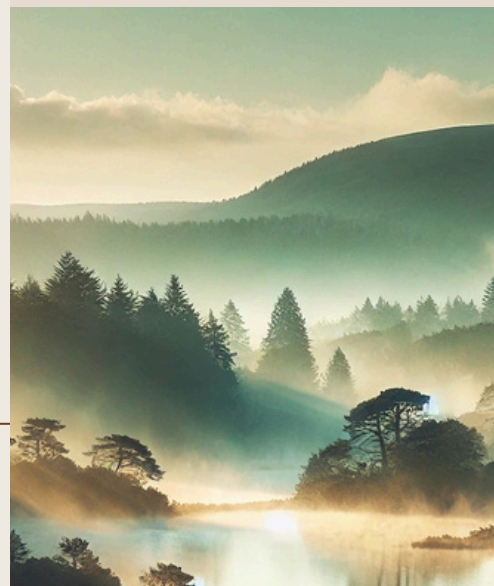
- How do you feel before starting this practice?
- What do you hope to achieve through mindfulness this week?

Evening Reflection:

- How many times did you catch yourself focusing on your breath today?
- How did mindful breathing change your reactions or feelings throughout the day?



Just one minute of mindful breathing can calm your nervous system and reset your focus for the entire day.



Day 2: Body Scan Meditation

Morning Intention:

“Today, I will bring awareness to the sensations in my body, noticing any tension or relaxation without judgment.”

Practice:

- Lie down or sit comfortably.
- Starting from your toes, bring awareness to each part of your body, moving slowly upwards to your head.
- Notice how each area feels, whether tense, relaxed, or neutral.
- Don't try to change anything—just observe.

Journal Prompt (Morning):

- Which part of your body feels most tense right now?
- Which part feels most relaxed?

Evening Reflection:

- Did you notice areas of tension or discomfort throughout the day?
- How did you feel after practicing the body scan?



Body scan meditation not only helps release tension, but it also improves your mind-body connection, making you more aware of how stress physically affects you.



Day 3: Mindful Eating



Mindful eating not only helps you savor your food more, but it can also improve digestion and prevent overeating by tuning into your body's hunger and fullness cues.



Morning Intention:

“Today, I will bring my full attention to each bite of food, savoring the flavors and sensations without rushing.”

Practice:

- Choose one meal to eat mindfully.
- Turn off distractions (TV, phone) and focus solely on your food.
- Notice the texture, color, smell, and taste of each bite.
- Chew slowly, fully experiencing the meal.

Journal Prompt (Morning):

- What meal are you most looking forward to eating mindfully today?
- How do you normally feel when eating—rushed, distracted, or relaxed?

Evening Reflection:

- How did eating mindfully change your experience with food today?
- Did you notice any changes in how full or satisfied you felt?

Day 4: Mindful Walking



*Mindful walking
reduces stress,
enhances focus, and
promotes a deep
sense of connection
to the present
moment, fostering
both mental clarity
and relaxation*



Morning Intention:

“Today, I will walk with intention, focusing on the sensations in my body and my surroundings.”

Practice:

- Choose a short walk—indoors or outside.
- As you walk, focus on the feeling of your feet touching the ground.
- Notice the rhythm of your steps, the sound of your footsteps, the feeling of the air on your skin.
- Whenever your mind wanders, gently bring it back to the act of walking.

Journal Prompt (Morning):

- Where will you practice mindful walking today?
- What are you curious to notice during your walk?

Evening Reflection:

- How did mindful walking change your pace or awareness?
- What did you observe during your walk that you may have missed otherwise?

Day 5: Mindful Listening



Mindful listening enhances communication, deepens connections with others, and fosters greater empathy and understanding by allowing you to be fully present and attentive during conversations



Morning Intention:

“Today, I will listen fully to the sounds around me, noticing each one without labeling or reacting.”

Practice:

- Find a comfortable place to sit.
- Close your eyes and spend a few moments simply listening.
- Notice the sounds around you—the hum of appliances, birds chirping, distant traffic.
- Allow the sounds to come and go, without trying to identify or label them.

Journal Prompt (Morning):

- What sounds do you anticipate hearing today?
- How often do you truly listen to the sounds in your environment?

Evening Reflection:

- Did mindful listening help you notice anything new today?
- How did being fully present in listening impact your conversations or mood?

Day 6: Loving Kindness Meditation

Morning Intention:

Today, I will cultivate compassion for myself and others by practicing loving-kindness.

Practice:

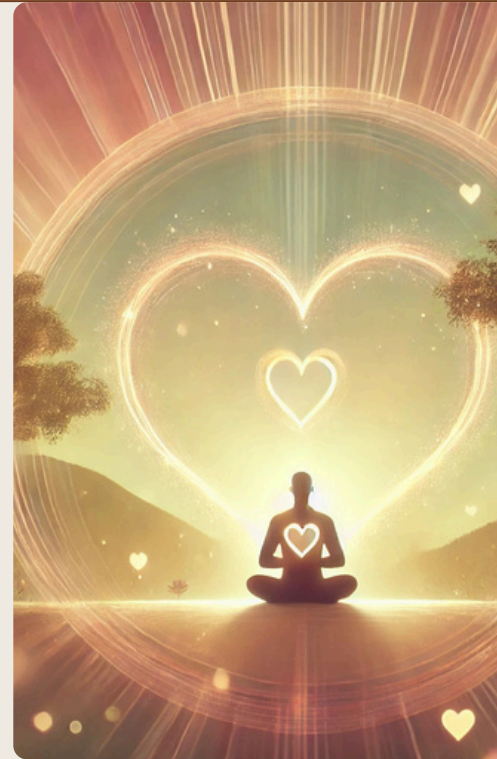
- Sit comfortably, close your eyes, and take a few deep breaths.
- Silently repeat the phrases:
- “May I be happy.
- May I be healthy.
- May I be safe.
- May I live with ease.”
- Next, send loving-kindness to others (family, friends, even strangers), repeating the phrases:
- “May you be happy.
- May you be healthy...”

Journal Prompt (Morning):

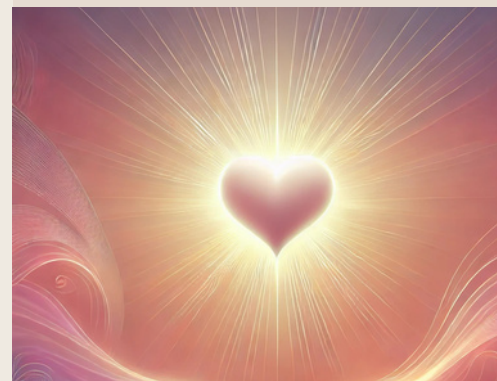
- Who do you feel most inclined to send loving-kindness to today?
- How do you feel when practicing self-compassion?

Evening Reflection:

- How did practicing loving-kindness shift your emotions or interactions today?
- Did you notice any resistance to offering compassion, to yourself or others?



Loving-kindness meditation fosters greater compassion, empathy, and emotional resilience, while reducing stress and promoting a deep sense of inner peace and connection with others.



Day 7: Gratitude Practice

Morning Intention:

“Today, I will focus on gratitude, appreciating the small and big things in my life.”

Practice:

- Take a few moments in the morning to write down three things you are grateful for.
- Throughout the day, pause whenever you notice something to be grateful for, whether it’s a friendly conversation, a warm cup of tea, or simply feeling well.

Journal Prompt (Morning):

- What are three things you are grateful for right now?
- How does practicing gratitude make you feel in this moment?

Evening Reflection:

- How many moments of gratitude did you notice throughout the day?
- Did focusing on gratitude change your perspective or mood?



*Gratitude practice
boosts overall
happiness, improves
mental well-being,
reduces stress, and
fosters a positive
mindset by helping
you focus on the
good in your life.*



FINAL REFLECTIONS

Looking Back on the Week:

What was the most challenging mindfulness practice for you?
Which practice resonated with you the most?
How do you feel now compared to the beginning of the week?

Moving Forward:

How can you incorporate mindfulness into your daily routine?
Write down three ways you'll continue practicing mindfulness.

Use the following journal pages to reflect on the past 7 days of mindfulness practice as well as the journal prompts above.

DATE	Mood
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DAILY JOURNAL

YOUR THOUGHTS

GOALS	TO DO
<div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div></div>

DATE	Mood
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DAILY JOURNAL

YOUR THOUGHTS

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HELPFUL MINDFULNESS RESOURCES

- Insight Timer - Mindfulness/Meditation App
- Check Facebook & MeetUp for local mindfulness and meditation events

Books: "The Miracle of Mindfulness" by Thich Nhat Hanh
A classic by the Vietnamese Zen master, teaching mindfulness practices with a gentle, accessible approach.

"The Power of Now" by Eckhart Tolle
Focuses on staying present in the moment, exploring deep spiritual insights through mindfulness.

Websites: [Mindful.org](https://www.mindful.org)
A comprehensive site offering articles, free guided meditations, and resources on mindfulness practice.

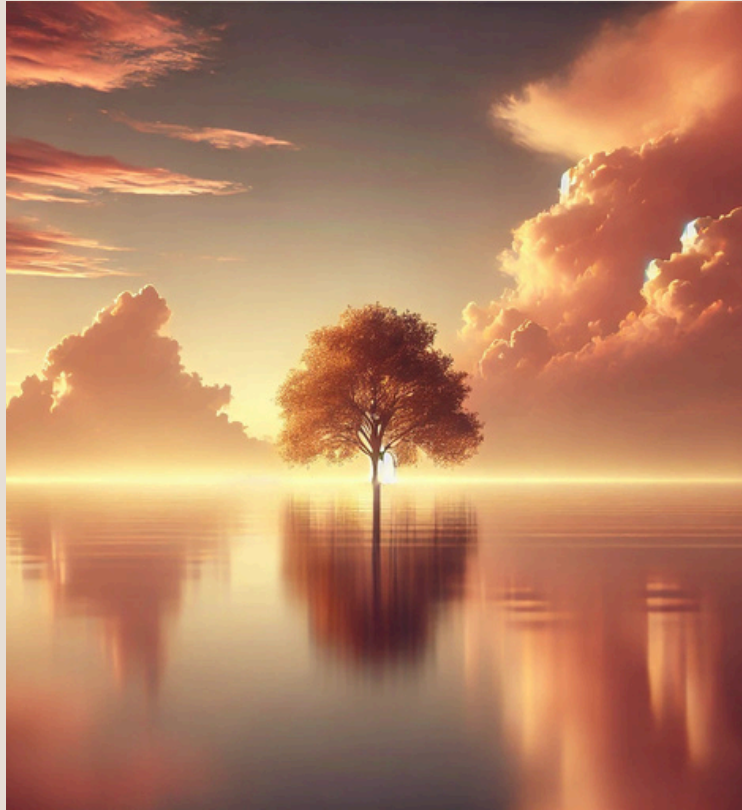
[Headspace](https://www.headspace.com)
A popular site with guided meditations, mindfulness exercises, and tips for everyday mindfulness, offering a free version.

DATE

Mood

YOUR DAILY CHECK OF SELF-LOVE

Say "I'm Beautiful" In Front of The Mirror	Take A Bath	Listen to Your Favorite Music
Use Face Mask	Take An Afternoon Nap	Eat Your Favorite Snack
Try Different Style of Clothes	Doodle Anything On A Paper	Gaze At The Afternoon Sky



Thank you

Congratulations on completing your 7-day journey to mindfulness! As you continue to embrace these practices, remember that mindfulness is a lifelong path to greater peace, clarity, and joy. Keep practicing, stay present, and watch how your life transforms with each mindful moment.



WANT MORE INSIGHT & SUPPORT?

TAKE THE NEXT STEP TOWARDS YOUR BEST SELF!

If you enjoyed this workbook and would like to continue your journey toward personal growth and well-being, I'm here to help! Whether you're seeking more resources, personalized guidance, or one-on-one support, I'd love to connect with you. Together, we can dive deeper into mindfulness and discover practices tailored to your unique path.

[Click here to learn more.](#)

LEANDRA PETTERSON

C O A C H I N G