



Mindfulness Practice Worksheet

Gentle support for grounding, breathwork, and emotional awareness



1. Breath Awareness

Try this breath pattern:

Inhale for 4... hold for 4... exhale for 6.

How did your body feel before and after this breath practice?



2. Grounding Check-In

Use your senses to anchor in the present.

- 5 things you see: _____
- 4 things you feel/touch: _____
- 3 things you hear: _____
- 2 things you smell: _____
- 1 thing you taste: _____



3. Thought Clouds

Imagine your thoughts as clouds drifting by.

What thoughts showed up today?

Which ones felt heavy? Which ones passed easily?



4. Gentle Affirmation

Choose or write a phrase that feels supportive.

Examples:

- “I am safe.”
- “This moment is enough.”
- “I can breathe through this.”

My affirmation today: _____



5. Reflection

What helped you feel more present today?

What might you try next time?
