

An 8-Week Guide to Mindfulness



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Created by Chardriana Jean

Overview



This guide was created to offer a simple, accessible path into mindfulness that doesn't require expensive programs, complicated theory, or long hours of practice. It's designed for people who want to build emotional steadiness, reduce stress, and strengthen presence in their daily lives through small, meaningful steps.

Over eight weeks, this guide introduces foundational mindfulness practices such as breath awareness, body scanning, mindful eating, and compassionate attention. Each week centers on a clear theme and includes videos, readings, and daily exercises that can be completed in just a few minutes a day. The structure helps you learn gradually, integrate skills into real life, and notice how even tiny moments of awareness can shift your internal landscape.

I chose the Palouse Mindfulness program because it offers an evidence-based, thoughtfully curated version of Mindfulness-Based Stress Reduction (MBSR) that is free, self-paced, and accessible to everyone. It's grounded in decades of research on how mindfulness supports well-being, emotional regulation, and resilience. What makes Palouse especially useful is its clarity: every week includes just enough content to guide you, without overwhelming you.

I'm hoping that through the course of this journey, you, too, will find out something new about yourself that allows you to show up better in all the spaces you enter.

-Chardriana



PALOUSE MINDFULNESS-BASED STRESS REDUCTION

To receive the full experience of this mindfulness workbook, I highly recommend following along using the Palouse Mindfulness online coursework.

This online Mindfulness-Based Stress Reduction (MBSR) course is 100% free, created by a fully certified MBSR instructor, and is based on the program founded by Jon Kabat-Zinn at the [University of Massachusetts Medical School](#). They have more than 8,000 graduates from 120 countries who have completed all the course requirements (see [Certificate of Completion](#) and [Map of Graduates](#)).

This course is completely self-guided (only you will be monitoring your progress, using the provided practice sheets). If you successfully complete the eight weeks of practice and study and send the materials indicated in [Requesting a Certificate of Completion](#). **They** will send you a personal note of congratulations along with a certificate of completion. There is no cost for this. You simply submit your practice sheets and a one page description of what you've learned and how you will be incorporating what you learned into your life.

[Begin Your Mindfulness Journey](#)

EACH WEEK WILL INCLUDE THE FOLLOWING:

WEEKLY OVERVIEW

A short explanation of the week's theme, core practices, and learning goals, offering a clear sense of focus as you move through each stage of your mindfulness journey.

TIPS FOR MORNING RITUALS

A curated set of simple, grounding practices designed to help you begin each day with clarity, presence, and intention, no matter how busy your schedule is.

THREE-DAY JOURNALING PAGES

Guided reflection pages for three days each week, built to support deeper awareness, track emotional shifts, and help you integrate mindfulness into real moments of your daily life.

ADDITIONAL RESOURCES WILL INCLUDE:

- Self-Regulation Bingo
- Workday Micro-Meditations
- Self-Love Anchor Cards
- Cognitive Reframing Flash Sheet
- Boundary Buffers
- Self-Compassion Practice Phrases
- 60-Second Stress Map
- Five-Minute Resents

HOW TO USE THIS WORKBOOK

This workbook is an independently created supplement designed to support personal mindfulness practice, as inspired by the [Palouse Mindfulness](#) 8-week training. It focuses on supporting your learning with simplified explanations, aligned structured weekly themes, and gentle practices you can return to throughout the program. If you're completing the full Palouse course, think of these pages as your anchor—a place to integrate what you're learning, reflect on your experiences, and bring mindfulness into the rhythm of your daily life.

This guide can stand on its own. Each week includes a brief overview, tips for building mindful morning rituals, curated self-regulation tools, and space to journal three times per week. Whether you follow the eight-week structure exactly or move at your own pace, the intention is the same: to help you cultivate steadier attention, deeper self-awareness, and a kinder relationship with yourself.

You don't need to be perfect to benefit from this workbook. Move slowly. Skip around if you need to. Let your reflections be honest rather than polished. Mindfulness is not a performance; it's a practice, and this workbook is here to support you wherever you are in your process.

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QUESTIONS?

chardriana@cvjsolution.com

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