



# **Mindfulness Worksheet**

**Mindfulness is the practice of being fully present in the moment without judgment. It can help reduce stress, increase focus, and improve overall well-being. This worksheet will guide you through mindfulness exercises and reflections to cultivate a more centered and peaceful state of mind.**

**Step 1: Grounding Exercise** Use this grounding technique to bring your attention to the present moment.

- 1. Take a deep breath in and slowly exhale.**
- 2. List the following:**
  - **5 things you can see:** \_\_\_\_\_
  - **4 things you can feel:** \_\_\_\_\_
  - **3 things you can hear:** \_\_\_\_\_
  - **2 things you can smell:** \_\_\_\_\_
  - **1 thing you can taste:** \_\_\_\_\_

**Reflect:** How do you feel after completing this exercise?

- \_\_\_\_\_
- \_\_\_\_\_

**Step 2: Body Scan Exercise** A body scan helps you connect with physical sensations and release tension.

- 1. Sit or lie down in a comfortable position.**
- 2. Close your eyes and take a few deep breaths.**
- 3. Slowly bring your attention to each part of your body, starting from your toes and moving upward. Notice any tension or sensations without judgment.**



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**Reflect: What did you notice during the body scan? Were there areas of tension or relaxation?**

- \_\_\_\_\_
- \_\_\_\_\_

**Step 3: Mindful Breathing** Focusing on your breath can help you stay present and calm.

1. Sit comfortably with your back straight.
2. Inhale deeply through your nose for a count of 4.
3. Hold your breath for a count of 4.
4. Exhale slowly through your mouth for a count of 6.
5. Repeat for 5 minutes.

**Reflect: How did mindful breathing impact your thoughts and emotions?**

- \_\_\_\_\_
- \_\_\_\_\_

**Step 4: Observing Thoughts** Mindfulness includes noticing thoughts without judgment.

1. Take a few moments to sit quietly and observe your thoughts.
2. Write down 2-3 thoughts that came to your mind:
  - Thought 1: \_\_\_\_\_
  - Thought 2: \_\_\_\_\_
  - Thought 3: \_\_\_\_\_

**Reflect: Were your thoughts focused on the past, present, or future? How can you bring your attention back to the present?**

- \_\_\_\_\_
- \_\_\_\_\_



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**Step 5: Mindful Activity** Choose an activity (e.g., eating, walking, or washing dishes) to do mindfully. Focus on the sensations, movements, and experience of the moment.

1. What activity did you choose?

○ \_\_\_\_\_

2. Describe your experience while doing this activity mindfully:

○ \_\_\_\_\_

○ \_\_\_\_\_

**Step 6: Gratitude Practice** Mindfulness can be enhanced by focusing on gratitude.

1. Write down 3 things you are grateful for today:

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

**Reflect:** How did practicing gratitude shift your mindset?

● \_\_\_\_\_

● \_\_\_\_\_

**Step 7: Develop a Mindfulness Routine**

1. When and where can you dedicate time for mindfulness each day? (e.g., mornings, before bed, during lunch)

○ \_\_\_\_\_

2. What tools or techniques will you use? (e.g., meditation apps, journaling, breathing exercises)

○ \_\_\_\_\_



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**Reflect: How can you stay consistent with your mindfulness practice?**

- \_\_\_\_\_

**Closing Reflection Mindfulness is a journey, not a destination. Each moment you practice being present strengthens your ability to live with greater awareness and peace. What is one insight you gained from this worksheet?**

- \_\_\_\_\_
- \_\_\_\_\_

**Remember: Take one mindful breath at a time and celebrate your progress.**