

**MINDFULNESS WORKSHEET 2** (Mindfulness Handouts 2–5c)

**Mindfulness Core Skills Practice**

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Describe the situations that prompted you to practice mindfulness.

**SITUATION 1**

Situation (who, what, when, where):

- Wise Mind
- Observe
- Describe
- Participate
- Nonjudgmentally
- One-mindfully
- Effectively

At left, check the skills you used, and describe your use of them here.

Describe experience of using the skill:

Check if practicing this mindfulness skill has influenced any of the following, *even a little bit*:

- Reduced suffering
- Increased happiness
- Increased ability to focus
- Decreased reactivity
- Increased wisdom
- Increased experiencing the present
- Increased connection
- Increased sense of personal validity

**SITUATION 2**

Situation (who, what, when, where):

- Wise Mind
- Observe
- Describe
- Participate
- Nonjudgmentally
- One-mindfully
- Effectively

At left, check the skills you used, and describe your use of them here.

Describe experience of using the skill:

Check if practicing this mindfulness skill has influenced any of the following, *even a little bit*:

- Reduced suffering
- Increased happiness
- Increased ability to focus
- Decreased reactivity
- Increased wisdom
- Increased experiencing the present
- Increased connection
- Increased sense of personal validity

List any and all wise things you did this week. \_\_\_\_\_