Mindfulness Core Skills Practice		
Due Date:	Name:	Week Starting:
Describe the situations th	at prompted you to practice mindfulne	ess.
SITUATION 1		
Situation (who, what, what, when the street of the street	vhen, where):	
☐ Wise Mind ☐ Observe ☐ Describe ☐ Participate ☐ Nonjudgmentally ☐ One-mindfully ☐ Effectively	At left, check the skills you used, ar	nd describe your use of them here.
Describe experience of	using the skill:	
Reduced suffering Decreased reactivity Increased connection SITUATION 2 Situation (who, what, v	Increased happiness Increased wisdom Increased sense of personal valid when, where):	Increased ability to focus Increased experiencing the present
☐ Wise Mind ☐ Observe ☐ Describe ☐ Participate ☐ Nonjudgmentally ☐ One-mindfully ☐ Effectively	At left, check the skills you used, an	nd describe your use of them here.
Describe experience of	using the skill:	
	indfulness skill has influenced any of	
Reduced suffering	Increased happiness	Increased ability to focus

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