

Mindfulness Diary Card








Day of the week → Skill ↓	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>Wise Mind- (Balanced Mind)</p>  <p>Think, feeling, know do right</p>							
<p>Observe</p>  <p>Stop, Pay Attention to Your Feelings</p>							
<p>Describe</p>  <p>Tell others about your feelings</p>							
<p>Participation</p>  <p>Join Group</p>							
<p>Nonjudgmental</p>  <p>See real things and accept</p>							
<p>In the Moment</p>  <p>Pay Attention to one thing</p>							
<p>Do Your Best</p>  <p>I can do better</p>							

Figure 1. Example of Diary Card for Limited Readers