

Mindfulness Diary Card








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

Figure 1. Example of Diary Card for Limited Readers