

Mindfulness “What” Skills: Observing, Describing, Participating

Due Date: _____ Name: _____ Week Starting: _____

Check off the mindfulness skills you practiced this week. Write out descriptions of two different times when you practiced a mindfulness skill. Use back of sheet for more examples.

___ Observing ___ Describing ___ Participating

Describe the situation and how you practiced the skill:

Check if practicing this mindfulness skill has improved 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

Describe how the skill helped or did not help you become more mindful: _____

Check if practicing this mindfulness skill has improved 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

Describe how the skill helped or did not help you become more mindful: _____

List any and all wise things you did this week: _____

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