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My Mindfulness Worksheet

A short everyday practice: one activity, a few minutes with your breath, a way of watching thoughts, and a week of tiny practices. Stop any time. It isn't right for everyone.

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01 Before I start

The NHS says mindfulness is not right for everyone and can make some people feel worse. If it brings up thoughts of harming yourself, stop and call Samaritans on 116 123 (UK and Ireland) or call or text 988 (US). Check in with yourself first.

How do I feel right now?

1 2 3 4 5 6 7 8 9 10

Settled — Unsettled

I'll remember that:

- [ ] I can stop at any time
- [ ] I can open my eyes and look around the room
- [ ] I can skip any section
- [ ] If it brings up distress that doesn't pass, I'll speak to my GP

02 One everyday activity

The NHS suggests noticing sensations during ordinary activities, such as eating or walking. Choose something you do anyway and give it your full attention for a few minutes.

The activity I'll try (a cup of tea, a walk, washing up, a shower):

Sense See, hear, touch, smell, taste	What I noticed

Where did my mind go? What did I do when I noticed?

03 A few minutes with my breath

The NHS describes formal practice as sitting quietly and returning your attention to your breath, sounds or body each time your mind wanders. Try two or three minutes. Sit comfortably. Feel the breath in your nose or belly. When your mind wanders, which it will, bring your attention back. Stop if it feels uncomfortable.

How many minutes I sat, and what I noticed:

How easy was it to come back to my breath?

1 2 3 4 5 6 7 8 9 10

Very easy — Very hard

Anything uncomfortable that came up? (If it was upsetting, skip this section next time.)

04 Watching my thoughts

The NHS suggests treating thoughts as passing mental events rather than trying to push them away, and silently naming them, such as 'This is anxiety.' Try it for a minute.

A thought that passed through Just the words	Its name Worry, planning, memory, judging, nothing

What was it like to watch thoughts instead of following them?

05 A week of tiny practices

One tiny moment a day. Pick from the ideas below, or choose your own. Write what you noticed, however small.

Ideas:

- [ ] Feel my feet on the floor for three breaths
- [ ] Listen to the sounds in the room for one minute
- [ ] Eat the first three bites of a meal slowly
- [ ] Take a different route, or sit somewhere new
- [ ] Notice the temperature of the water when I wash my hands
- [ ] Name a feeling silently: 'This is ...'
- [ ] Notice when my mind is in the past or the future, and come back to now

Day	What I tried	What I noticed

06 Looking back

No grade, just curiosity.

What did I notice about myself this week?

Did anything get harder or more uncomfortable? What did I do?

How did this feel overall?

1 2 3 4 5 6 7 8 9 10

Unhelpful Helpful

What I'll do next (keep going, change it, or stop):

When you're done, a moment to reflect

- What was easier to notice than I expected?
- When did my mind wander most, and where did it go?
- Is there an everyday moment I'd like to give more attention to?
- Did anything feel uncomfortable, and what would help if it did?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/mindfulness-worksheet

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at **findahelpline.com**. If you're in immediate danger, call your local emergency number.