

Practicing Mindfulness

Mindful meditation can take some time to learn, but it is well worth the effort. This worksheet is designed to help you keep track of the time you spend practicing mindful meditation and the results of each session on your sense of calm and well-being. It is recommended that you practice mindfulness every day for five to fifteen minutes.

| Day | Date | What type of mindful activity did you do? | Describe your experience (e.g. body sensations, emotions, thoughts) | Describe any after-effects of your mindfulness sessions. |
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