

WORKSHEET: BECOMING CENTERED + MINDFUL PRACTICE

Set aside a moment for yourself to try this exercise in mindfulness. Instead of attempting to control the moment, allow it to be as it is. Allow any noises or intrusions that occur during this time to help you to go deeper into relaxation.

1. Start seated with your eyes open.

Mindfully scan the room as you check in with each of the five senses. Take as long as you need to feel fully present within this space.

2. Then, close your eyes. Bring your attention to your breath.

Allow your breathing to become slow and deliberate. Let your muscles relax and your limbs hang heavy.

3. As you sit, your thoughts will grow louder.

Start to pay attention to them without judgment or attachment. Practice noting what comes up.

- If you feel an emotion, simply note “emotion.”
- If a memory arises, think “memory.”
- If a pain or discomfort in your body pulls at your attention you can name it, “sensation.”

4. Sit with this practice until you begin to notice a feeling of separation from your thoughts. Take the seat of the observer.

5. Once you’re done, make (literal) notes of your observations.

Pay attention to any patterns that emerged. Notice any changes that take place with regular practice.

Note (literally) your notes from this practice here:



For an extra awareness of the present, write down your sensations. What did you:

See: _____

Hear: _____

Smell: _____

Feel: _____

Taste: _____