

## Mindfulness Core Skills Practice

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

For each mindfulness skill, write down what you did during the week, and then rate the quality of mindfulness you experienced during your practice.

*I could not focus my mind for even 1 second; I was completely mindless and quit.*

*I was able to focus my mind somewhat and stay in the present moment.*

*I became centered in Wise Mind and was free to let go and do what was needed.*

	1	2	3	4	5
<b>Day</b>	<b>Wise Mind</b>				
_____ / _____					Mindfulness: _____
_____ / _____					Mindfulness: _____
_____ / _____					Mindfulness: _____
<b>Day:</b>	<b>Observe</b>				
_____ / _____					Mindfulness: _____
_____ / _____					Mindfulness: _____
_____ / _____					Mindfulness: _____
<b>Day:</b>	<b>Describe</b>				
_____ / _____					Mindfulness: _____
_____ / _____					Mindfulness: _____
_____ / _____					Mindfulness: _____
<b>Day:</b>	<b>Participate</b>				
_____ / _____					Mindfulness: _____
_____ / _____					Mindfulness: _____
_____ / _____					Mindfulness: _____
<b>Day:</b>	<b>Nonjudgmentally</b>				
_____ / _____					Mindfulness: _____
_____ / _____					Mindfulness: _____
_____ / _____					Mindfulness: _____
<b>Day:</b>	<b>One-mindfully</b>				
_____ / _____					Mindfulness: _____
_____ / _____					Mindfulness: _____
_____ / _____					Mindfulness: _____
<b>Day:</b>	<b>Effectively</b>				
_____ / _____					Mindfulness: _____
_____ / _____					Mindfulness: _____
_____ / _____					Mindfulness: _____

List any and all wise things you did this week. \_\_\_\_\_

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