

Wise Mind Practice

Due Date: _____ Name: _____ Week Starting: _____

Wise Mind Practice Exercise: Check off an exercise each time you do one.

- 1. Attended to my breath coming in and out, letting my attention settle into my center.
- 2. Imagined being a flake of stone on the lake.
- 3. Imagined walking down an inner spiral stairs.
- 4. Dropped into the pauses between inhaling and exhaling.
- 5. Breathed “wise” in, “mind” out.
- 6. Asked Wise Mind a question (breathing in) and listened for the answer (breathing out).
- 7. Asked myself, “Is this Wise Mind?”
- 8. Other (describe): _____
- 9. Other (describe): _____

Describe the situation and how you practiced Wise Mind:

How effective was the practice in helping you become centered in your Wise Mind?

*Not effective:
I couldn't do the skill
for even 1 minute. I got
distracted or quit.*

1

2

*Somewhat effective:
I was able to practice Wise Mind
and became somewhat centered
in my Wise Mind.*

3

4

*Very effective:
I became centered in Wise
Mind, and was free to do
what needed to be done.*

5

Describe the situation and how you practiced Wise Mind:

How effective was the practice in helping you become centered in your Wise Mind?

*Not effective:
I couldn't do the skill
for even 1 minute. I got
distracted or quit.*

1

2

*Somewhat effective:
I was able to practice Wise Mind
and became somewhat centered
in my Wise Mind.*

3

4

*Very effective:
I became centered in Wise
Mind, and was free to do
what needed to be done.*

5

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