

Balancing Being Mind with Doing Mind

Due Date: _____ Name: _____ Week Starting: _____

Everyday Wise Mind practice: Check off Wise Mind practice exercises each time you do one.

- 1. Wrote out and then read an inspirational writing on mindfulness.
- 2. Set Wise Mind reminders to remind me to practice mindfulness.
- 3. Put written reminders to practice mindfulness in strategic places.
- 4. Made a deliberate effort to bring moment-to-moment awareness to an everyday activity.
- 5. Focused on just “this one moment” when I was overwhelmed, frazzled, or scattered.
- 6. Focused awareness on events in my everyday life.
- 7. Focused awareness on what needs to be done in my everyday life.
- 8. Acted willingly and did what was needed.
- 9. Did 3-minute Wise Mind to slow down “doing mind” in my everyday life.
- 10. Other (describe): _____

Describe one or more situations where you balanced being with doing mind:

How effective was the practice in helping you find Wise Mind in your everyday life?

*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

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