

## **MINDFULNESS SELF RELECTION WORKSHEET**

**Know Yourself:** Assess your challenges and strengths as it relates to developing a mindfulness practice.

All of us have an emotional “set point.” Do you have a tendency toward withdrawal, avoidance, anxiety, emotional eating, or negative thinking? Are you hard-working, curious, focused, or perhaps a natural optimist with a tendency toward positive moods? Through mindfulness, we can train our brains to shift our set points. Identify potential obstacles and the strengths that will help you to overcome potential challenges to your commitment.

**What Is Your Why?** (For example: Clarity, Focus, Compassion, Creativity, Calm, Inner Wisdom, Self-Love, Productivity, Stress Reduction etc.)

**What Is In Your Toolkit?** It is important to have depth in your toolkit.

Pick at least three practices from the different categories i.e. Breathing; Yoga/Mindful Movement; Mindfulness Based Activities such as Gardening/Nature/Walking/Journaling/Puzzling; Five Senses: Exercise for Sight/Sound/Smell/Taste/Touch; Meditation Practices: Breath, Mantra, Guided, Insight, Loving Kindness etc.)

**What Resources Will You Use to Remind you / Prompt You?** Examples may include Sticky Note on computer/desk, Alarm on Phone, Buddy System, Reminder in Planner, Phone App such as Headspace/Insight Timer/Calm etc.

**Set A Goal:** What are you willing to commit to? (Be specific: Length of Practice, Time of Day, consider Mindful Breaks, Experiment: Is there something new you want to try?)

