

Practicing mindfulness worksheet

Mindfulness exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

You can try any of the mindfulness exercises on the website or you can choose your own. For example:

- Drinking coffee or tea
- Washing up a cup
- Walking
- Weeding the garden
- Noticing the sounds around you with your eyes closed
- Having a shower

These are just a few examples.