

Nonjudgmentalness, One-Mindfulness, Effectiveness Checklist

Due Date: _____ Name: _____ Week Starting: _____

Practice nonjudgmentalness: Check off an exercise each time you do one.

- 1. Say in your mind, "A judgmental thought arose in my mind."
- 2. Count judgmental thoughts.
- 3. Replace judgmental thoughts and statements with nonjudgmental thoughts and statements.
- 4. Observe your judgmental facial expressions, postures, voice tones.
- 5. Change judgmental expressions, postures, voice tones.
- 6. Stay very concrete and describe your day nonjudgmentally.
- 7. Write out a nonjudgmental description of an event that prompted an emotion.
- 8. Write out a nonjudgmental blow-by-blow account of a particularly important episode in your day.
- 9. Imagine a person you are angry with. Imagine understanding that person.
- 10. When you feel judgmental, practice half-smiling and/or willing hands.

Describe the situation and how you practiced nonjudgmentalness:_____
_____**Practice one-mindfulness:** Check off an exercise each time you do one.

- 11. Awareness while making tea or coffee.
- 12. Awareness while washing the dishes.
- 13. Awareness while hand-washing clothes.
- 14. Awareness while cleaning house.
- 15. Awareness while taking a slow-motion bath.
- 16. Awareness with meditation.

Describe the situation and how you practiced one-mindfulness:_____
_____**Practice effectiveness:** Check off an exercise each time you do one.

- 17. Give up being right
- 18. Drop willfulness
- 19. Doing what is effective

Describe the situation and how you practiced effectiveness:_____
_____**List any and all wise things you did this week:** _____