

## MINDFULNESS WORKSHEET 4 (Mindfulness Handouts 4–4c)

### Mindfulness “What” Skills: Observing, Describing, Participating

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Check off the mindfulness skills you practiced this week. Write out descriptions of two different times when you practiced a mindfulness skill. Use back of sheet for more examples.

Observing     Describing     Participating

Describe the situation and how you practiced the skill:

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Check if practicing this mindfulness skill has improved any of the following, *even a little bit*:

Reduced suffering     Increased happiness     Increased ability to focus  
 Decreased reactivity     Increased wisdom     Increased experiencing the present  
 Increased connection     Increased sense of personal validity

Describe how the skill helped or did not help you become more mindful: \_\_\_\_\_

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Check if practicing this mindfulness skill has improved any of the following, *even a little bit*:

Reduced suffering     Increased happiness     Increased ability to focus  
 Decreased reactivity     Increased wisdom     Increased experiencing the present  
 Increased connection     Increased sense of personal validity

Describe how the skill helped or did not help you become more mindful: \_\_\_\_\_

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List any and all wise things you did this week: \_\_\_\_\_