

**MINDFULNESS WORKSHEET 5** (Mindfulness Handouts 5-5c)**Mindfulness "How" Skills:  
Nonjudgmentalness, One-Mindfulness, Effectiveness**

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.

\_\_\_ Nonjudgmentalness \_\_\_ One-mindfulness \_\_\_ Effectiveness

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