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:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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:

________________________________________________________________________

Describe the situation and how you practiced the skill:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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:

________________________________________________________________________

List any and all wise things you did this week:

________________________________________________________________________