

Developing Aware Skills: Mindfulness Practice



Mindfulness practice enables you to develop several skills:

- the ability to focus and engage in what you are doing
- the ability to let thoughts come and go without getting caught up in them
- the ability to refocus when you realize you're distracted
- the ability to let your feelings be as they are without trying to control them

The noticing exercise that I intend to practice this week:

Blank space for writing the noticing exercise.

You may find it helpful to record what you noticed during the mindfulness practice, and also any benefits you encounter that help you keep on track with getting active.

What I noticed (thoughts, feelings, sensations):

Blank space for recording observations during mindfulness practice.

Benefits: