



Mindfulness Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the *Mindfulness* lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. List three ways being mindful can help you.

a. _____

b. _____

c. _____

2. What is mindful eating?

3. List two different ways you could be mindful throughout your day.

a. _____

b. _____