

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:

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: _____