

# MINDFULNESS WORKSHEET 3

([Mindfulness Handouts 3, 3a](#))

## Wise Mind Practice

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

**Wise Mind Practice Exercise:** Check off an exercise each time you do one.

- 1. Attended to my breath coming in and out, letting my attention settle into my center.
- 2. Imagined being a flake of stone on the lake.
- 3. Imagined walking down an inner spiral stairs.
- 4. Dropped into the pauses between inhaling and exhaling.
- 5. Breathed “wise” in, “mind” out.
- 6. Asked Wise Mind a question (breathing in) and listened for the answer (breathing out).
- 7. Asked myself, “Is this Wise Mind?”
- 8. Other (describe): \_\_\_\_\_
- 9. Other (describe): \_\_\_\_\_

**Describe the situation and how you practiced Wise Mind:**

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How effective was the practice in helping you become centered in your Wise Mind?

*Not effective:*

*I couldn't do the skill  
for even 1 minute. I got  
distracted or quit.*

**1**

*Somewhat effective:*

*I was able to practice Wise Mind  
and became somewhat centered  
in my Wise Mind.*

**2**

**3**

**4**

**5**

*Very effective:*

*I became centered in Wise  
Mind, and was free to do  
what needed to be done.*

**Describe the situation and how you practiced Wise Mind:**

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*Very effective:*

*I became centered in Wise  
Mind, and was free to do  
what needed to be done.*

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