

# MINDFULNESS WORKSHEET 4

(Mindfulness Handouts 4–4c)

## Mindfulness “What” Skills: Observing, Describing, Participating

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.

\_\_\_ Observing    \_\_\_ Describing    \_\_\_ Participating

**Describe the situation and how you practiced the skill:**

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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:** \_\_\_\_\_

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**Describe the situation and how you practiced the skill:**

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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:** \_\_\_\_\_

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