



## Mindfulness Practice Worksheet

*Mindfulness doesn't have to be complicated. You don't need a mountain retreat or hours of silence—just a few minutes, a quiet space, and your breath. This worksheet is your gentle invitation to come home to yourself.*

### STEP 1: SET THE SCENE

Choose a time: Morning ☐

Midday ☐

Evening ☐

Choose a space: Indoors ☐

Outdoors ☐

Light a candle, brew tea, or open a window.

### STEP 2: ANCHOR INTO BREATH (3–5 MINUTES)

#### Instructions:

- Sit comfortably.
- Inhale slowly for 4 counts.
- Hold for 2 counts.
- Exhale for 6 counts.
- Repeat 5x, noting how your body feels.

How do you feel right now?

### STEP 3: MINDFUL JOURNALING PROMPT

What is one thing I can let go of today, and one thing I want to carry with me?

Let go of: \_\_\_\_\_

Carry with me: \_\_\_\_\_

#### Bonus Tip

*If your mind wanders, gently return to your breath. It's not about stopping your thoughts—it's about returning, again and again.*