

My Mindfulness Check-In

Mindfulness is about noticing what is happening **right now**. There are no right or wrong answers. Take a few moments to slow down, notice your surroundings, check in with yourself, and write down what you experience.

Before I Begin

Where am I right now?

What was I thinking about just before I started this exercise?

How am I feeling right now?

How does my body feel right now?

Notice the Present Moment

Take a slow look around you. Don't search for anything special. Simply notice what is already there.

What can I see?

List three things you notice.

1.

2.

3.

What can I hear?

List three sounds you notice. They can be close by or far away.

1. _____
2. _____
3. _____

What can I physically feel?

Notice things such as temperature, clothing against your skin, your feet against the floor, the chair beneath you, or the air around you.

1. _____
2. _____
3. _____

What can I smell or taste?

Notice Your Body

Without trying to change anything, take a moment to notice your body.

Where does my body feel relaxed?

Where am I holding tension?

What else do I notice in my body?

Notice Your Thoughts

Allow your thoughts to come and go for a moment.

What thoughts keep getting my attention?

Are my thoughts focused mostly on the past, the future, or what is happening right now?

Choose one thought you noticed and write it below.

I am having the thought that...

Now remind yourself:

This is a thought I am having. I do not have to judge it, solve it, or react to it right now.

Bring Your Attention Back

Take a few slow breaths and choose **one thing happening right now** to focus on.

What did I choose?

What did I notice when I gave it my full attention?

After My Mindfulness Check-In

How do I feel now compared with when I started?

Did anything become easier to notice once I slowed down?

What was the hardest part about staying in the present moment?

What is one everyday activity where I could practice being more present?

Reflection

“Life is available only in the present moment.”

— Thich Nhat Hanh

What does this quote mean to me?

What might I miss when my attention is always focused on what has already happened or what might happen next?

What is something in my life that I want to be more present for?
