

MINDFULNESS WORKSHEET

EXERCISE ONE: Self Awareness and Authentic Communication

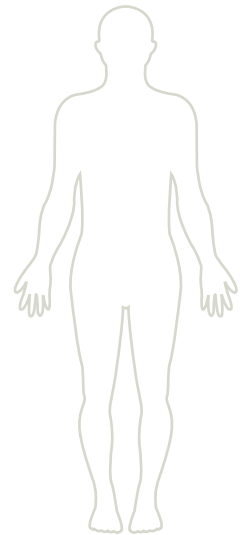
Exploration: How am I feeling?

Prompts:

I am feeling: _____

I am noticing: _____

My challenge: _____



EXERCISE TWO: Mindful Solutions

Reflections / Inspirations

EXERCISE THREE:
Visualisation - Me 2.0

