

THE “HOW SKILLS” WORKSHEET

PRACTICE HOW YOU PRACTICE MINDFULNESS
(NOT WHAT YOU DO)

1 NONJUDGMENTALLY: Let go of
“good” and “bad”
labels.



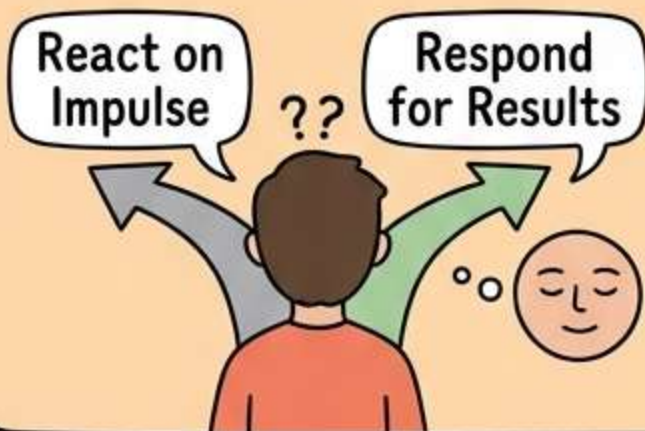
Describe facts, not opinions.
Observe feelings without
criticizing.

2 ONE-MINDFULLY: Focus on one task.



Eliminate distractions.
Bring your full attention
to the present moment.

3 EFFECTIVELY: Do what works.



Choose the most useful
action, not the
emotional one.

Focus on your goal,
not being “right”.

