

WHAT SKILLS WORKSHEET

MINDFULNESS: WHAT DO YOU ACTUALLY DO?

Only what's necessary.



1. OBSERVE

- Notice what's there
- Step back from the urge to fix



I noticed these thoughts and feelings...



2. DESCRIBE

- Put words to your experience
- Label everything you saw



Words I can use to label it:



3. PARTICIPATE

- Throw yourself into the moment
- Be present in your life

One small action to practice:

Observe

Describe

Participate

This Order Matters

Don't Skip to Fixing!
(or you'll miss the real issue)

