

Practicing Mindfulness in Daily Life Worksheet

Instructions: This worksheet is to help you keep track of your mindfulness practice throughout the week. Whether you have a regular mindfulness practice or need to squeeze it into your daily activities, it's a good idea to consider how and when to make time for this.

How long do I plan to practice mindfulness? _____

If I plan to incorporate mindfulness in to my daily life, when are some times I can practice?

If I plan to practice mindful awareness with my child, when is the best time I might do this each day?

What are some obstacles that might get in the way of my practice? How might I plan around these?

Below is a table for you to track whether or not you practiced present moment awareness each day. Over the course of the week, see what you notice about your experience, and write it down here.

	Did I practice mindfulness?	Where, when, with who?	What did I notice?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			