Mindfulness!

Mindfulness can be described as being in the present time and being focused on your current activity.

Observing Current Thoughts

Discuss 3 positive thoughts you have:

1) 
2) 
3) 

Discuss 3 negative thoughts that you worry about:

1) 
2) 
3) 

When Are You Mindful?

What activity can you engage in and be completely mindful during participation?

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What aspects of the activity do you focus on?

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