

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?

What aspects of the activity do you focus on?
