

MORE MINDFULNESS ACTIVITY

A TOOL TO HELP YOU BECOME MORE MINDFUL. BY ESTABLISHING CERTAIN TRIGGERS YOU ENHANCE THE LIKELIHOOD THAT YOU'LL EXPERIENCE MORE MINDFUL MOMENTS. IN LIFE.

OBJECTIVES

- 1- RECOGNIZE WHEN YOU ARE MOST MINDFUL
- 2 - RECOGNIZE WHEN YOU ARE LEAST MINDFUL

I AM MOST MINDFUL WHEN I AM . . .

I AM LEAST MINDFUL WHEN I AM . . .

TRIGGER: STIMULI THAT PROMOTES A SPECIFIC ACTION, OR WAY OF THINKING AND FEELING MINDFUL HABIT FORMATION

IN ORDER TO BECOME GROUNDED, CENTERED, AND MINDFUL DURING TIMES OF HIGH STRESS I CAN GIVE THE FOLLOWING TRIGGERS A TRY . . .

- 1. _____
- 2. _____

IN ORDER TO REDUCE ANGER AND FRUSTRATION (EMOTIONAL REACTIVITY) I CAN GIVE THE FOLLOWING TRIGGERS A TRY . . .

- 1. _____
- 2. _____

AS A WAY TO CALM MY NERVOUS SYSTEM WHEN I'M ANXIOUS I CAN GIVE THE FOLLOWING TRIGGERS A TRY . . .

- 1. _____
- 2. _____



AS A WAY TO CALM MY NERVOUS SYSTEM WHEN I'M ANXIOUS I CAN GIVE
THE FOLLOWING TRIGGERS A TRY . . .

1. _____
2. _____

TO EXPERIENCE MORE MINDFULNESS WHEN TIMES ARE GOOD I CAN GIVE THE
FOLLOWING TRIGGER A TRY . . .

1. _____
2. _____

IN ORDER TO EXPERIENCE MORE GRATITUDE I CAN GIVE THE FOLLOWING
TRIGGERS A TRY . . .

1. _____
2. _____

NOTES

