

Mindfulness for Self-Awareness

Building awareness through daily practice



Date: _____ Time: _____ Duration: _____

This worksheet enhances self-awareness and intuition through daily mindfulness practice. Engage at your own pace, starting with short sessions and gradually increasing. Practise daily to deepen your connection to the present moment.

WHAT Skills: Observe

Notice what is happening around you and within you. What sensations do you feel? What thoughts arise? Write without judgement.

WHAT Skills: Describe

Describe your observations factually — instead of 'I'm anxious,' try 'I notice my heart is racing and my palms are sweaty.'

WHAT Skills: Participate

Engage fully in the present moment. Let go of distractions. What did you notice or feel as you participated?

HOW Skills: Non-Judgementally

Approach your experiences without labelling them as good or bad. Simply acknowledge: 'I am feeling...'

HOW Skills: One-Mindfully

Focus on one thing at a time. When your mind wanders, gently guide it back.

HOW Skills: Effectively

Ask yourself: What will help me achieve my goals? What supports my well-being right now?

Challenges During Practice

Reflect on any challenges — particular thoughts or distractions that arose and how they affected your awareness.

Benefits Noticed

List positive changes — increased self-awareness, improved concentration, or a better understanding of your emotions.

 "Be still, and know that I am God." — Psalm 46:10