

Mindfulness Lesson Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Mindfulness Lesson.

1. List three ways being mindful can help you.

a. _____

b. _____

c. _____

2. What is mindful eating?

3. List two different ways you could be mindful throughout your day.

a. _____

b. _____

