

# 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. \_\_\_\_\_

