

Discover Mindfulness in One Week

Free Mindfulness Workbook



Welcome

Welcome to your seven-day journey towards mindfulness! In this workbook, we'll dive into simple exercises and thoughtful reflections to help you become more aware, present, and at peace with yourself. Whether you're just starting out or looking to strengthen your mindfulness skills, this workbook takes a gentle approach to incorporating mindfulness into your daily routine. Let's embark on this adventure together as we discover the beauty of living mindfully, one day at a time. Each day, try a mindfulness skill and try to incorporate it into your day.



Chelsea

What is Mindfulness?



In the hustle and bustle of life, finding peace can feel like searching for a needle in a haystack. But what if I told you there's a way to tap into tranquility right in the midst of chaos? Enter mindfulness, your ticket to navigating life with more ease and less stress.

Imagine this: stuck in traffic, running late, with a phone buzzing non-stop. Instead of letting frustration take over, you take a deep breath and tune into the present moment. Suddenly, the traffic becomes an opportunity to appreciate the world around you, and the buzzing phone? Just background noise in the symphony of life. With mindfulness, you become the master of your emotions, riding life's waves with grace and resilience.

Mindfulness:

a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

DAY 1: DAILY AFFIRMATIONS

I am ready, empowered, and fully prepared to take on the day ahead.

Today, I've decided to approach all my tasks with happiness, calmness, and
optimism.

In all my interactions, I radiate confidence, love, and kindness.

I am in control of my thoughts, emotions, and actions today.

I possess all the necessary tools for success within myself.

I welcome positivity into my life today and always.

My mind is clear, my heart is open, and I am ready to embrace the day.

I am strong and welcome challenges as chances to develop and improve.

Find or make a mantra that really connects with you and reflects how you want to feel during the day. Repeat it in the morning as part of your routine, like during meditation or while you're getting ready. Doing this helps you focus and start your day with a positive outlook.

DAY 2: DAILY GRATITUDE

TODAY I'M FEELING

POSITIVE AFFIRMATION FOR THE DAY

TODAY I'M GRATEFUL FOR

1 _____
2 _____
3 _____

SOMETHING I'M PROUD OF TODAY

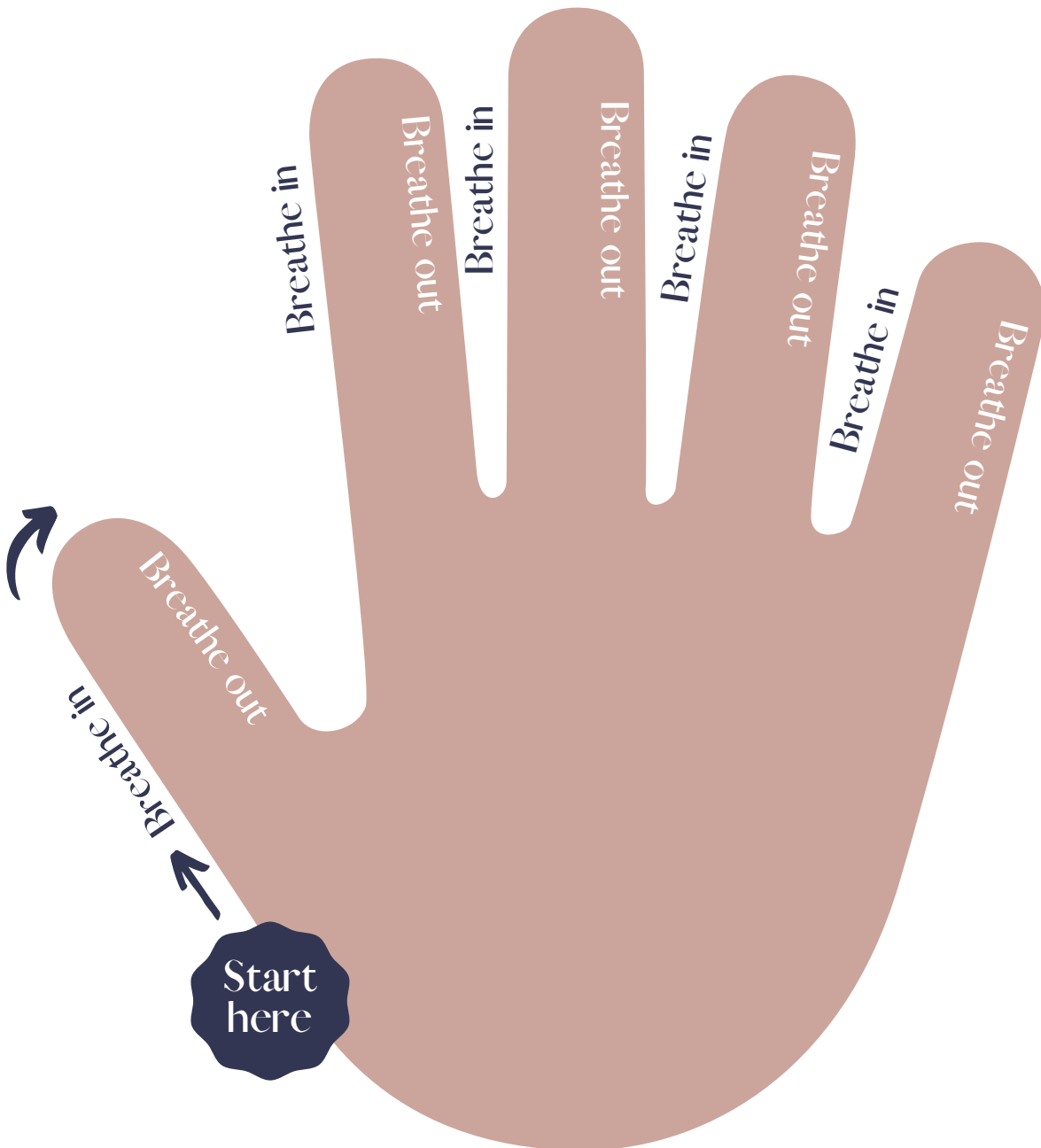
THINGS THAT WENT WELL

LESS OF THESE THINGS

TOMORROW I LOOK FORWARD TO

DAY 3:

5 FINGER BREATHING



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. Try to complete this exercise 3 times in a row.

DAY 4:

SELF CARE CHECKLIST

How have you shown yourself love this week?

| | | | |
|--------------------------|--------------------------------|--------------------------|-------------------------------|
| <input type="checkbox"/> | Indulge in a bath | <input type="checkbox"/> | Crochet or knit |
| <input type="checkbox"/> | Read for pleasure | <input type="checkbox"/> | Listen to your favorite music |
| <input type="checkbox"/> | Go for a long walk | <input type="checkbox"/> | Spend time with a loved one |
| <input type="checkbox"/> | Practice mindful meditation | <input type="checkbox"/> | Watch a light-hearted movie |
| <input type="checkbox"/> | Journal your thoughts | <input type="checkbox"/> | Pamper yourself |
| <input type="checkbox"/> | Try gentle yoga | <input type="checkbox"/> | Take a short nap |
| <input type="checkbox"/> | Prepare a wholesome meal. | <input type="checkbox"/> | Take a dip in the water. |
| <input type="checkbox"/> | Visit a museum or art gallery. | <input type="checkbox"/> | Practice gratitude |
| <input type="checkbox"/> | Gardening | <input type="checkbox"/> | Attend a workshop or class |
| <input type="checkbox"/> | Paint or draw | <input type="checkbox"/> | Explore a new place |

DAY 5: CREATE A LIST OF TEN THINGS YOU LOVE ABOUT YOURSELF

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAY 6: SELF COMPASSION JOURNALING

Journal Prompts

Write about a current challenge. How can you support yourself as you would a friend?

Describe a recent act of self-care. How did it make you feel?

List three qualities you appreciate about yourself. How can you celebrate them?

Recall a stressful moment. How can you comfort yourself?

Think of a self-care practice you enjoy. How can you make time for it?

DAY 7: GET OUTSIDE



Take a leisurely walk outdoors and pay attention to each step you take. Notice the sensation of your feet making contact with the ground, the movement of your body, and the sights and sounds around you.

Observe the natural world around you with curiosity and appreciation. Notice the colors, shapes, textures, and sounds of plants, animals, and the environment, allowing yourself to connect with the beauty of nature

Goodbye!



Thank you for joining me in a week full of mindfulness practices. One thing I would like to highlight about mindfulness is that mindfulness is a practice. Which means there is no end destination, no perfect way of doing it. If your mind begins to stray, welcome that thought and then slowly bring your attention back to the practice. And have fun!

Chelsea