

Worksheet for Clients

Name _____ Date _____

Mindfulness Exercises: Practice Worksheet

This worksheet will help you to record your experiences as you engage in each mindfulness exercise. Reflect on each activity and write down your thoughts, feelings, and sensations. Remember, there is no right or wrong experience, so be as honest as you can.

Exercise 1 Body Scan

Date and time of exercise	
Areas of tension noticed (e.g., neck, shoulders, chest)	
Feelings experienced during the exercise	
Other observations	

1 DBT | This tool was provided by _____

Exercise 2 Mindfulness of the Five Senses

Date and time of exercise	
Stimuli selected (one for each sense)	
Sight	
Sound	
Touch	
Taste	
Smell	

Exercise 3 Mindful Breathing

Date and time of exercise	
Observations about your breathing (e.g., rhythm, depth)	
Feelings experienced during the exercise	
Other observations	

Exercise 4 Mindfulness of Enjoyable Activities

Activity selected	
Date and time of exercise	
Feelings experienced during the activity	
Did your mind wander? If yes, what distracted you?	
Other observations	

Please bring this worksheet with you to our next session, and remember that it is a tool to help you focus on the present moment, not a test. Mindfulness is about acceptance and observation, not perfection.

Note:

There is only one table for each exercise, but you can print as many as you need.