



Name \_\_\_\_\_

Date \_\_\_\_\_



# Mindfulness & Meditation: Reflection

1. In the space below, describe two new mindfulness activities you would be willing and able to try.

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2. In the space below, describe two different situations in which you have felt or would feel stressed or anxious.

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Name \_\_\_\_\_ Date \_\_\_\_\_

3. Pick one of the mindfulness activities from your response to #1 and one of the stressful situations from your response to #2. In the space below, describe yourself in that stressful situation. Describe how you could use that mindfulness activity to help you handle stress or anxiety.

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4. Find a time to practice one of the activities from your response to #1. In the space below reflect on how it went. How did you feel before? How did you feel after? What did you like about it? What was challenging?

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