

# The Foundations of Mindfulness:

What follows are the four foundations of Mindfulness. They can help you to know where to begin and where to go next when you find yourself with the opportunity to be mindful.

## Mindfulness of Breathing Body

Notice you're breathing.  
Find a physical sensation to verify it's true.  
Observe a full cycle from inhale to exhale.  
Note pressure, temperature, and other sensations in your body

## Mindfulness of Tone: Pleasant, Unpleasant, and Neutral

Notice the tone of your experience. Is it generally pleasant, unpleasant, or neutral? Can you find the full range of tone in this moment? If it is generally unpleasant, can you find something more pleasant? What parts of this experience are neutral?

## Mindfulness of Thinking and Feeling

Just as your body breaths, your brain thinks and nervous system feels. Notice thoughts and feelings here in the moment with you, from a bit of a distance if you can. Acknowledge each and move on to the next.

## Mindfulness of Wisdom

Beside, beneath, and surrounding your experience is wisdom and your potential to access it. What do you know? What is true? What would you like to know?

## The core areas of mindfulness:

The following worksheet is to help you figure out where practicing mindfulness will benefit you the most to create better harmony in all areas of your life. Follow your curiosity, find wisdom, act skillfully.



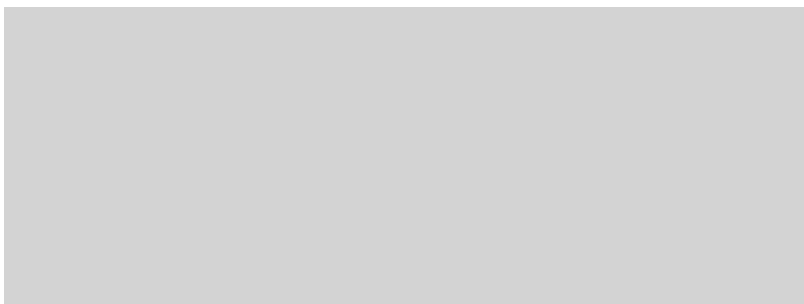
Physical Health: Are you taking care of your physical health? Which areas do you need to work on? Where can there be more ease?



Mental Health: Are you taking care of your mental health? Which areas do you need to work on? Where can there be more ease?



Balancing: What areas of life would benefit from more focus and balancing overall?



Relationships: Are you maintaining healthy boundaries? What do you need to work on? Where can there be more ease?

## January Mindfulness Worksheet:

Explain what you'd like to be mindful of throughout the month in the following section. Try to keep it simple.

A large, empty gray rectangular box intended for the user to write their mindfulness goals for the month of January.

Midway through the month, make note of what success you've had and what additional opportunities you've seen.

A large, empty gray rectangular box intended for the user to write about their progress and opportunities halfway through the month.

## February Mindfulness Worksheet:

Explain what you'd like to be mindful of throughout the month in the following section. Try to keep it simple.

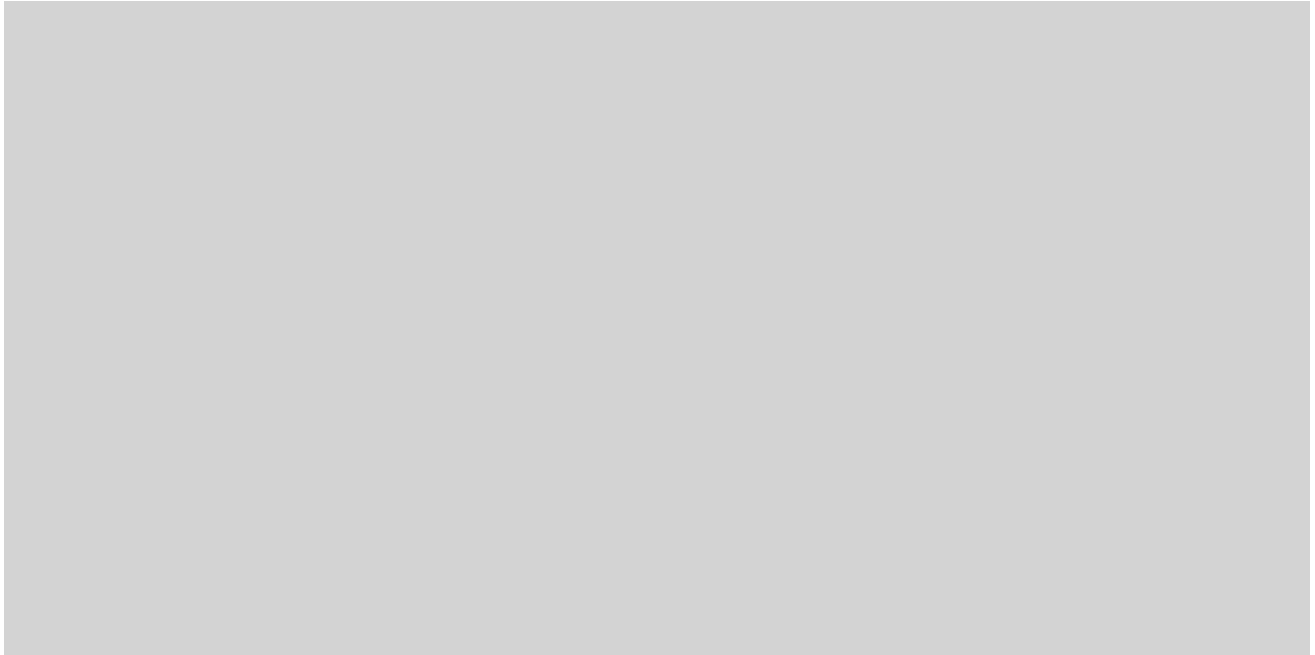
A large, empty gray rectangular box intended for the user to write their mindfulness goals for the month of February.

Midway through the month, make note of what success you've had and what additional opportunities you've seen.

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## March Mindfulness Worksheet:

Explain what you'd like to be mindful of throughout the month in the following section. Try to keep it simple.

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## April Mindfulness Worksheet:

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## May Mindfulness Worksheet:

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## June Mindfulness Worksheet:

Explain what you'd like to be mindful of throughout the month in the following section. Try to keep it simple.

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## August Mindfulness Worksheet:

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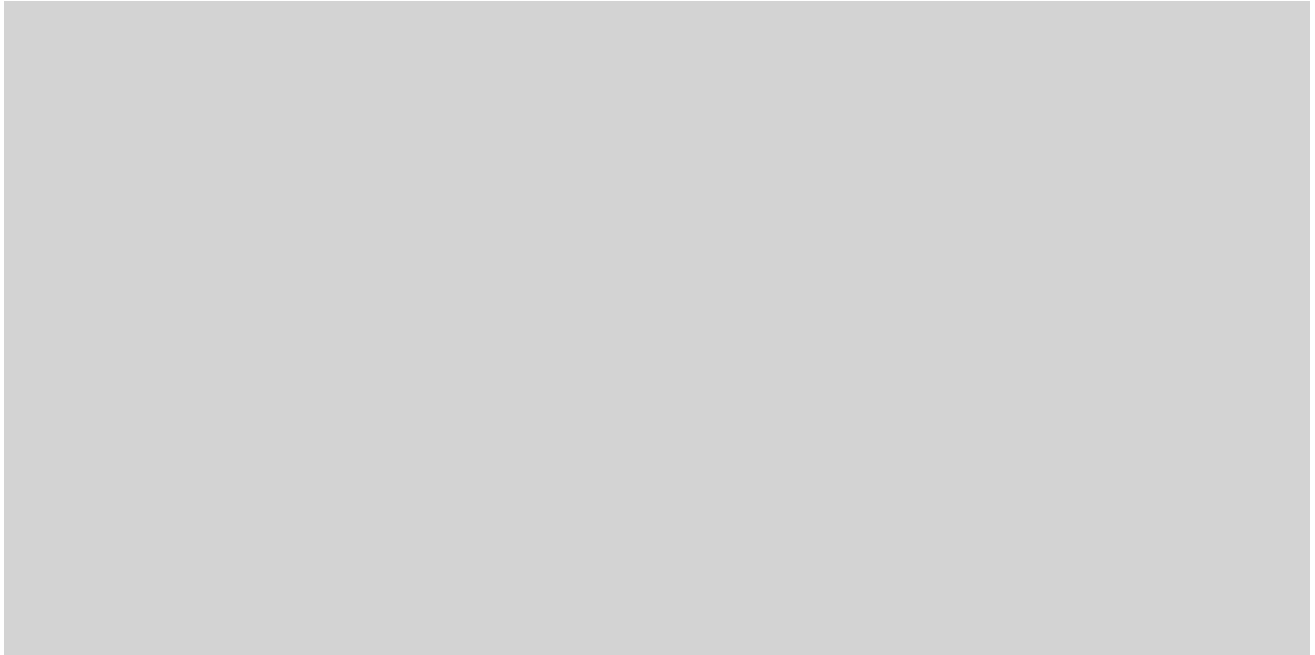
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## October Mindfulness Worksheet:

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## November Mindfulness Worksheet:

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## December Mindfulness Worksheet:

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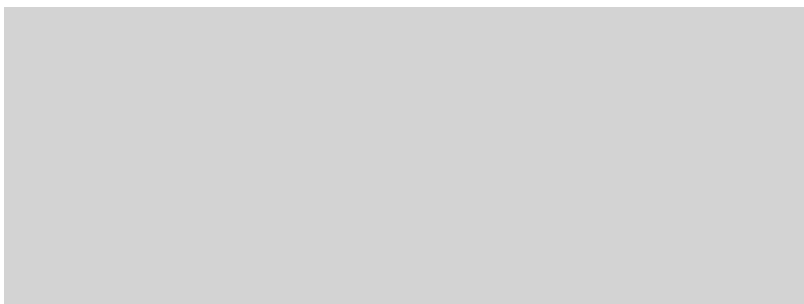
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