Session 1 - Understanding Stress

Participant Worksheet - MindfulPro

Your notes remain private unless you choose to share them. Skip any prompt. No difficult memory or personal disclosure is required.

1. What is noticeable now, without needing a stressful memory?

_____

_____

2. My workable anchor today: sound / contact / movement / natural breath / none.

_____

_____

3. What was helpful, neutral, unhelpful, or unclear?

_____

_____

4. One small practice I might try, and a reason to shorten or stop it:

_____

_____

Optional home practice

If useful, pause for 30 seconds to two minutes once on a chosen day. Listen to room sounds, notice contact, or move gently. Record what was workable rather than trying to build a perfect streak. Repetition is optional.

My anchor / alternative / chosen duration: _____

After trying it: helpful / neutral / unhelpful / unclear.

What I would repeat, adapt, or stop: _____

Teaching resource only. Not therapy or medical treatment.

Session 2 - The Body Knows: Somatic Awareness

Participant Worksheet - MindfulPro

Your notes remain private unless you choose to share them. Skip any prompt. No difficult memory or personal disclosure is required.

1. Before practice, my choice of position or external anchor:

_____

_____

2. One direct observation during movement or listening:

_____

_____

3. One interpretation I noticed, if any:

_____

_____

4. An adaptation I want to keep; a movement or focus I prefer to skip:

_____

_____

Optional home practice

At a natural transition, such as before standing from a desk, notice contact or one small comfortable movement for 30 seconds. Listening to a sound is an alternative. Do not add movement that conflicts with your usual access or health needs.

My anchor / alternative / chosen duration: _____

After trying it: helpful / neutral / unhelpful / unclear.

What I would repeat, adapt, or stop: _____

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Session 3 - Working with Difficult Emotions

Participant Worksheet - MindfulPro

Your notes remain private unless you choose to share them. Skip any prompt. No difficult memory or personal disclosure is required.

1. My external anchor today:

_____

_____

2. Optional emotional word, or 'unclear' - no story required:

_____

_____

3. A choice I made about attention, movement, or stopping:

_____

_____

4. What would help me participate on my own terms next time?

_____

_____

Optional home practice

If a mild emotional tone is noticeable during an ordinary moment, optionally name it once and hear a sound nearby. Keep the pause under a minute. Skip this exercise during intense distress; choose an ordinary activity or the support already available to you.

My anchor / alternative / chosen duration: _____

After trying it: helpful / neutral / unhelpful / unclear.

What I would repeat, adapt, or stop: _____

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Session 4 - The Wandering Mind: Attention & Presence

Participant Worksheet - MindfulPro

Your notes remain private unless you choose to share them. Skip any prompt. No difficult memory or personal disclosure is required.

1. My chosen anchor and an alternative:

_____

_____

2. A moment when I noticed attention had moved:

_____

_____

3. What I chose next, without rating my concentration:

_____

_____

4. A phrase I would prefer to hear when attention wanders:

_____

_____

Optional home practice

During a two-minute ordinary activity, such as listening before opening a document, notice one distraction and choose the next action. No need to repeat until successful. If responsibilities need immediate attention, attend to them.

My anchor / alternative / chosen duration: _____

After trying it: helpful / neutral / unhelpful / unclear.

What I would repeat, adapt, or stop: _____

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Session 5 - Responding vs. Reacting

Participant Worksheet - MindfulPro

Your notes remain private unless you choose to share them. Skip any prompt. No difficult memory or personal disclosure is required.

1. A low-stakes situation I choose to consider, or the provided routine-email example:

_____

_____

2. Two possible next actions:

_____

_____

3. What I noticed during a brief pause, if I tried one:

_____

_____

4. My next action; a situation where I would not use this exercise:

_____

_____

Optional home practice

Optionally try one brief pause before a routine task or non-urgent message. Hear a sound, check what is needed, and choose. Do not delay urgent action or use this practice to stay in an unsafe situation.

My anchor / alternative / chosen duration: _____

After trying it: helpful / neutral / unhelpful / unclear.

What I would repeat, adapt, or stop: _____

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Session 6 - Self-Compassion & Inner Critic

Participant Worksheet - MindfulPro

Your notes remain private unless you choose to share them. Skip any prompt. No difficult memory or personal disclosure is required.

1. Use the routine-task example or a mild example of my choosing:

_____

_____

2. A factual, less demanding response I might try:

_____

_____

3. What I would edit or leave out:

_____

_____

4. One practical next step; or why I prefer not to use phrases today:

_____

_____

Optional home practice

If useful, try your chosen phrase once when a routine task does not go as planned. Pair it with one practical action. A factual note or sound-based pause is an alternative; no positive feeling is required.

My anchor / alternative / chosen duration: _____

After trying it: helpful / neutral / unhelpful / unclear.

What I would repeat, adapt, or stop: _____

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Session 7 - Mindful Communication

Participant Worksheet - MindfulPro

Your notes remain private unless you choose to share them. Skip any prompt. No difficult memory or personal disclosure is required.

1. My participation choice: paired / individual / observer / pass.

_____

_____

2. A listening choice I noticed, without recording a partner's words:

_____

_____

3. A short boundary phrase I could use:

_____

_____

4. A change I would request before another communication practice:

_____

_____

Optional home practice

In a willing, low-stakes conversation, optionally listen for a short turn before offering a summary or asking a question. Private reflection is an alternative. Do not introduce this exercise into a conflict or record the other person's story.

My anchor / alternative / chosen duration: _____

After trying it: helpful / neutral / unhelpful / unclear.

What I would repeat, adapt, or stop: _____

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Session 8 - Integration & Sustaining Practice

Participant Worksheet - MindfulPro

Your notes remain private unless you choose to share them. Skip any prompt. No difficult memory or personal disclosure is required.

1. Retain / adapt / leave behind - one option for each:

_____

_____

2. My chosen practice, anchor, and alternative:

_____

_____

3. When and where; manageable duration; fallback if unavailable:

_____

_____

4. A reason to pause or stop; a date to review whether this is useful:

_____

_____

Optional home practice

Choose an optional one-week experiment with your own rhythm. Notice usefulness and fit rather than maintaining a streak. At the end of the week, retain, adapt, or stop the plan. Use existing professional support when needed rather than relying on the Program as treatment.

My anchor / alternative / chosen duration: _____

After trying it: helpful / neutral / unhelpful / unclear.

What I would repeat, adapt, or stop: _____

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