

YOUR MINDFULNESS TOOLKIT

Reflect on which mindfulness skills work for you and when

Use the Mood Meter activity to identify emotions

Rate on a scale of:
+++ (works really well) to
--- (makes me feel worse)

	MINDFULNESS SKILL	SITUATION OR MOOD	EFFECTIVENESS
1			
2			
3			
4			
5			

REMINDERS



- Your toolkit will change over time - check in regularly to revise it!
- The same mindfulness skill can have different effectiveness ratings for different moods/situations - you can rate it multiple times

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