

MindfulLiving™ Module 3

Mastering Mindful Thinking

Self-Assessment and Reflection Worksheet

Introduction

Welcome to Module 3: Mastering Mindful Thinking. This self-assessment worksheet is designed to help you reflect on your journey through this module. Writing your responses will enhance your practice and deepen your understanding of mindfulness.

The Power of Journaling

Journaling is a powerful tool in your mindfulness practice. You create a tangible record of your journey by regularly writing down your thoughts, emotions, and experiences. This process helps you reflect more deeply, gain insights, and track your progress over time. Keeping a journal encourages consistency, enhances self-awareness, and provides a space for personal growth. We encourage you to use your journal to respond to the questions below, allowing you to integrate your reflections into your ongoing mindfulness practice.

Instructions

- ❖ **Reflect Honestly:** Take your time to answer each question thoughtfully and thoroughly. There are no right or wrong answers.
- ❖ **Use Your Journal:** Write your responses in your personal journal. This practice will help you internalise what you have learned and keep all your reflections in one place.



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Self-Assessment and Reflection Questions

- ❖ How would you describe your current awareness of your thoughts and emotions before starting this module?
- ❖ Are you familiar with any mindful techniques to manage stress or challenges? If so, how have you applied them in the past?
- ❖ What do you think might be some challenges or obstacles in practising mindfulness, and how do you plan to approach them?
- ❖ How do you think practising mindfulness could impact your relationships with others in the future?
- ❖ As you begin this module, how would you describe your current level of self-compassion?
- ❖ How do you currently find your ability to focus and concentrate? Are you hoping mindfulness will help with this?
- ❖ What personal insights or realisations are you hoping to gain through practising mindfulness?
- ❖ How do you think you can start integrating mindfulness into your daily life as you progress through the module?
- ❖ What small steps will you take to establish a regular mindfulness practice as you go through this module?
- ❖ What areas of your personal well-being or growth are you hoping mindfulness can support?

Conclusion

Remember, self-reflection is an ongoing process. Continue to explore your mindfulness practice and discover new ways to enhance your life.



Mastering Mindful Thinking: Clarity in Every Moment

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