Before beginning these exercises tell yourself...

- I will approach this exercise with a clear mind.
- When thoughts that are unrelated to the steps within this exercise arise, I will recognize it and re-focus as soon as possible.
- I will dedicate my full attention to this exercise for the next four minutes.

Mindfulness Exercise

**step 1**
Set a timer for 2 minutes. Close your eyes and focus your attention on the noises that currently surround you.

- What is making the noise?
- What direction is the noise coming from?
- What pitch range does the sound have?
- Do you enjoy this noise?
- Is there anything else you observe about the noise?

Start your timer and begin listening.

**step 2**
Set a timer for 2 minutes. Look around the room that you are currently in and visually analyze three items.

- What shapes do the items have?
- What colors? What texture?
- How was the item made?
- What else do you notice about these items?

Start your timer and begin observing.

**step 3**
Think of an activity that you need to do before the end of the day. Maybe you need to shower, cook dinner, exercise, work, spend time with your family, or visit a friend. Choose one of these activities and do it mindfully.

Wise Mind Exercise

**step 1**
Identify a conflict in your life, which is current or has recently occurred. Examples: spousal disagreement, family misunderstanding, parenting challenge, workplace dispute, friend falling out, another challenge, etc.

**step 2**
Analyze only the **reasonable mind** elements.

**step 3**
Analyze only the **emotional mind** elements.

**step 4**
Was it easier for you to think of examples for the **reasonable mind** or the **emotional mind**? Spend more time analyzing the more difficult state of mind. What important elements within this mindset are preventing you from achieving a state of wise mind?
### What Skills Exercise

**step 1**
Observe. Write down on a piece of paper a list of your family members, starting with the oldest (dad or mom) moving to the youngest. First, say out loud the family member’s first name. Secondly, silently think about that family member. For each family member recognize the number of thoughts you had about them. Write down that number next to their name.

<table>
<thead>
<tr>
<th>FIRST NAME</th>
<th>NUMBER OF THOUGHTS</th>
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</tbody>
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Reminder: This exercise is about observing rather than the analyzing.

**step 2**
Describe. Look at each photo for approximately 45 seconds and describe the elements of the photo. Seek to describe beyond the obvious elements of each photo.

![Photo 1](image1.jpg)  ![Photo 2](image2.jpg)  ![Photo 3](image3.jpg)  ![Photo 4](image4.jpg)

**step 3**
Participate. Coordinate a meal with a friend or family member. During the meal, practice being fully engaged in conversation, enjoying the food, and other elements of the meal.

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### How Skills Exercise

**step 1**
Non-Judgmental. Think of a person that you don’t have much respect for. Take a few minutes and describe them without judgment. For example “she has blue eyes and enjoys talking about sports.” Recognize judgmental language such as “I hate when they...” or “it annoys me when...”.

**step 2**
One-Mindfully. If you are in a situation where you can make noise, whistle the tune of “twinkle twinkle little star”. Strive not to move your body other than muscles required to whistle. Consider closing your eyes to block out all other distraction. For the rest of the day, notice how many things you are trying to do at once. Instead, try to just perform one activity at a time.

**step 3**
Do What Works. There is no perfect way to practice mindfulness. Find what’s most effective for you by practicing mindfulness in different situations. Practice while sitting on the couch, cooking dinner, taking a walk, chatting with a friend, or drinking your morning coffee. Determine what method helps move you into a state of mindfulness and practice it regularly.