# The What Skills

What you do when you practice mindfulness. Do one at a time.

Name: _____ Date: _____

## O Observe

☐ I practiced this today

Notice through your senses, on purpose, right now. Push nothing away. Cling to nothing. Watch thoughts pass like clouds.

**One thing I observed (sight, sound, smell, taste, touch, body):** _____

_____

## D Describe

☐ I practiced this today

Put words on what you observed. Just the facts: who, what, when, where. Label a thought as a thought and a feeling as a feeling.

**My description in fact words only:** _____

_____

## P Participate

☐ I practiced this today

Throw yourself fully into one activity. Stop watching yourself from the outside. Go with the flow of this moment.

**The activity I fully joined:** _____

_____

### Fact or judgment? Circle one for each.

| | |
|---|---|
| She rolled her eyes. | Fact / Judgment |
| She is so rude. | Fact / Judgment |
| My heart is beating fast. | Fact / Judgment |
| This meeting is pointless. | Fact / Judgment |
| I had the thought, "I'll fail." | Fact / Judgment |

Answers: fact, judgment, fact, judgment, fact (noticing a thought is a fact).

**Now describe three moments from today in fact words only:**

1. _____
2. _____
3. _____

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# The How Skills

How you observe, describe and participate. Use all three together.

Name: _____ Date: _____

## N — Nonjudgmentally

☐ I practiced this today

See it without labeling it good or bad. Notice helpful and harmful, but drop the judgment.
Don't judge your judging.

**A judgment I noticed and let go of:** _____

_____

## O — One-mindfully

☐ I practiced this today

Do one thing at a time. When you eat, eat. When your mind wanders, come back again and again.

**The one thing I did with full attention:** _____

_____

## E — Effectively

☐ I practiced this today

Do what works for your goal in this situation, not what feels fair or right in the moment.

**My goal, and the step that actually worked:** _____

_____

## Rewrite a judgment as a description

| Judgment | Nonjudgmental description |
| --- | --- |
| "I'm so stupid." | "I forgot the form, and I'm feeling embarrassed." |
| | |
| | |
| | |
| | |
| | |

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# What and How Practice Log

One short practice a day. Pick one What skill, add the How skills, and notice what happens.

**Name:** _____ **Date:** _____

| Day | What skill (O / D / P) | Activity and minutes | What I noticed | Focus 0 to 10 |
|---|---|---|---|---|
| **Mon** | ☐ Observe<br>☐ Describe<br>☐ Participate | | | __ / 10<br>Judged less? Y / N |
| **Tue** | ☐ Observe<br>☐ Describe<br>☐ Participate | | | __ / 10<br>Judged less? Y / N |
| **Wed** | ☐ Observe<br>☐ Describe<br>☐ Participate | | | __ / 10<br>Judged less? Y / N |
| **Thu** | ☐ Observe<br>☐ Describe<br>☐ Participate | | | __ / 10<br>Judged less? Y / N |
| **Fri** | ☐ Observe<br>☐ Describe<br>☐ Participate | | | __ / 10<br>Judged less? Y / N |
| **Sat** | ☐ Observe<br>☐ Describe<br>☐ Participate | | | __ / 10<br>Judged less? Y / N |
| **Sun** | ☐ Observe<br>☐ Describe<br>☐ Participate | | | __ / 10<br>Judged less? Y / N |

**Mindfulness practice is a skill, not a crisis tool. If you might act on thoughts of suicide or self harm, in the US call or text 988 any time (988 Suicide and Crisis Lifeline), text HOME to 741741 (Crisis Text Line), or call 911 if you are in immediate danger. If focusing inward brings up distressing memories, open your eyes, focus outward and talk with your therapist.**

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