
WORKSHEET: Mindfulness That Actually Works

A Practical Inside-Out Approach

1. Your Starting Point: State of Mind Check

What bothered you this week? (triggered you, frustration, irritation, expectation not met)
Write one situation that pulled you off center.

Event (just the facts, a jury of 12 people would agree to the information and data):

On a calm day, would it have bothered you the same way?

☐ Yes ☐ No What do you think the difference is? _____

How would you describe the mind you were in during that moment?

- ☐ Tense / reactive / defensive / upset / resentful / angry / frustrated / annoyed / judgmental / embarrassed
 - ☐ Calm / steady / agile / curious / open minded / resourceful / supportive / compassionate/ empathetic
 - ☐ Somewhere in-between
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2. Busy Mind vs Quiet Mind Awareness

Notice which mind you were meeting that moment with from section one above. (event that bothered you)

Busy Mind Check anything that fits you:

- ☐ Racing thoughts
- ☐ Blame/complain/finger pointing
- ☐ Overthinking
- ☐ Survival mode
- ☐ Analyzing everything
- ☐ Bracing for the worst
- ☐ Replay loops
- ☐ Imagining the future
- ☐ Emotional urgency
- ☐ Tight chest/shoulders
- ☐ Short fuse
- ☐ Doubt/defensiveness

Add your own: _____

Quiet Mind Check anything that fits you:

- ☐ Present
- ☐ Grounded
- ☐ Ownership/responsibility/learning lessons
- ☐ Curious
- ☐ Clear/light
- ☐ Creative
- ☐ Caring/loving
- ☐ Flexible
- ☐ Steady/balanced
- ☐ Trusting/supportive
- ☐ Open-minded
- ☐ Able to pause and respond from values

Add your own: _____

3. Quick State-of-Mind Scan

On a scale of 1–10, how fast is your thinking right now?

1=very slow 20mph 10=180mph

Circle one: 1 2 3 4 5 6 7 8 9 10

If your mind had a speed limit sign right now, what would it say?

Where are you living more: past, future, or present?

First sign your mind is too fast? (a feeling in your body, describe it)

4. Automatic Outside-in Map: Event → Thought → Feeling → Reaction

Pick one situation from section #1.

Event (facts only):

Thought (story your mind created):

Feeling (what that thought produced):

Reaction/Response/Outcome (what you did next and result):

Reflection:

1. Would your reaction have changed if your mind were quieter?
 2. What if you didn't have an opinion about it? Not right/wrong, good/bad? Attached and gripped by the past/future, people, situations or circumstances?
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5. How Do I Want to Feel?

Look back at the moment you wrote about.

How did you want to feel?

Choose one word or phrase that reflects the emotional experience you wanted — not what the situation pushed you into. Examples: calm, grounded, steady, clear, neutral, confident, open, patient, flexible.

NEW Pattern! Inside-Out Map

Event → Thought → Choice in Feeling → Response

6. Integration: Your Three Micro-Practices

“Insight without repetition stays theory.” Choose *one* to practice daily this week:

- ☐ Notice the speed of my thinking
- ☐ Ask *“What mind am I in?”*
- ☐ Return to the body before reacting/responding
- ☐ Ask *“How do I want to feel?”* and answer from your heart, values, moral, principles, and convictions then respond

What’s the reasoning and benefits to integrating and practicing it in your daily life with consistency?:

7. Closing Insight Reflection

What would your life look like if you lived from a quieter mind more often?

Optional:

Mindfulness Clarity Questions

Answer the ones that stand out:

- Who do you become when your mind is busy?

- Who pays the price when your mind is tense?

- What does your busy mind convince you is urgent... that actually isn't?

- What becomes possible when your mind slows down?
