

Exercise & Homework 1 - Mindfulness Scavenger Hunt



Spend a few minutes to focus on each Sense and write things that come to you down in the Items column. Then focus on whether you have any Thoughts or Memories associated to them, and how each one makes you feel.

Sense	Items	Thoughts, Memories & Feelings
		
		
		
		
		

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Step 2 - Focus on the ones you would like to change! And write them into the action list. Spend a few moments thinking about how you can change/avoid/replace that Item. Write down the Action to Take when that Item pops up next in your life!

Sense	Items	Action to Take
		
		
		
		
		

These Actions can be added to your Continuous Personal & Professional Development (CPPD) Planning Tool supplied by JBcoco during your workshop or contact JBoles@Jbcoco.com.au.