



Mindfulness



Worksheet

No Rules. Just You, Your Thoughts, and a Dash of Zen!

Follow @pratyayawellbeing on Instagram for latest updates



Zoom In. Zoom Out

You've been zooming in all day on deadlines and emails. Time to shift perspectives!

Let's Do This: Take a moment to zoom out and think about the BIGGER picture of your day.

What's one thing you're grateful for right now?

 **Hint:** It could be anything from your favorite coffee mug to a coworker's smile!

Let's Wander

Feeling Distracted? Let's wander with introspection



I AM DOING MY
BEST AND THAT IS ENOUGH.

WHAT DOES YOUR BEST LOOK LIKE ?



I CAN LEARN AND GROW EVERY DAY.

ONE THING THAT YOU ARE THINKING ABOUT ,
BUT NOT READY TO TALK ABOUT



TWO THINGS AROUND
YOU THAT ARE
CHANGING

1. _____
2. _____

OR YOU WOULD LIKE
TO CHANGE

1. _____
2. _____