



A PEACEFUL HEART

M I N D F U L N E S S
M E D I T A T I O N
W O R K S H E E T S

by Anna Ferreira

W E L C O M E T O M I N D F U L N E S S



I'm Anna Ferreira

“ In a world full of doing, doing, doing, it's important to take a moment to just breathe, to just be.”

– Unknown

Mindfulness is the practice of becoming more fully aware of the present moment and non-judgmentally rather than dwelling in the past or projecting into the future. It generally involves a heightened awareness of sensory stimuli and being "in the now."

R A T E Y O U R T H I N K I N G

LOOK AT THE LIFE AREAS BELOW AND RATE YOURSELF
BETWEEN 1-10 WITH HOW SELF-AWARE AND
CONFIDENT YOU ARE IN EACH CATEGORY.

BELIEF IN YOURSELF

1	2	3	4	5	6	7	8	9	10
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NOT VERY

EXTREMELY

ABILITY TO BE POSITIVE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

FLEXIBLE ATTITUDE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

DECISION MAKING

1	2	3	4	5	6	7	8	9	10
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NOT VERY

EXTREMELY

ABILITY TO STICK TO GOALS

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

M I N D F U L N E S S J O U R N A L

Date: _____

S M T W T F S

CHECK IN WITH YOUR BODY

Scan your body. Write down what sensations you can feel.

CHECK IN WITH YOUR MIND

Notice your thoughts. Write down what is on your mind.

CHECK IN WITH YOUR ENVIRONMENT

Tune into your senses. What do you feel, taste, smell, see?

M I N D F U L N E S S J O U R N A L

DATE : _____

TODAY'S FEELING

Blank space for writing today's feeling.

3 THINGS I'M GRATEFUL FOR TODAY

Four horizontal lines for writing three things you're grateful for today.

MY FAVORITE THINGS

Eight horizontal lines for writing favorite things.

WAYS TO IMPROVE

Eight horizontal lines for writing ways to improve.

M I N D F U L N E S S J O U R N A L

Date: _____

The best things that
happened today:

Things I wish I can
change about today:

I am proud of myself
today because...

I think I still need
to work on....

S T R E N G T H S A N D Q U A L I T I E S

EVALUATE YOUR PERSONAL STRENGTHS AND
QUALITIES. LIST 3 THINGS OR MORE FOR EACH BOX

SKILLS I'M
GOOD AT

LESSONS I HAVE
LEARNED

WAYS I HELP
OTHERS

WHAT I LIKE ABOUT
MY APPEARANCE

DAILY PLANNER



S M T W T F S

Date :

5.00	Today's Goal	
6.00		
7.00		
8.00		
9.00	Notes	
10.00		
11.00		
12.00		
13.00	Morning	Afternoon
14.00		
15.00		
16.00		
17.00	Evening	Night
18.00		
19.00		
20.00		

W E E K L Y P L A N N E R

Month:

Week:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOTE

M O N T H L Y P L A N N E R

Month : _____ Year : _____






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Top Priorities :

Notes :

M O O D T R A C K E R

WEEK OF: _____

					
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

REFLECTION NOTES

Large empty rectangular area for reflection notes.

G O A L P L A N N E R

Date: _____

My Goals

Action Steps



Motivation

Notes

B R A I N D U M P L I S T

WRITE DOWN ALL YOUR THOUGHT TO CLEAR
YOUR MIND !!!



S E L F C A R E C H E C K L I S T

For your Mind

- Pray
- Meditate
- Write on your journal
- Observe your thoughts
- Do something kind

For your Social

- Call a friend
- Ask and offer a help
- Smile to strangers
- Be kind to others
- Plan a trip with a friend

For your Body

- Sleep at least 7hrs
- Yoga/Exercise
- Take a bath/shower
- Eat Healthy
- Fix yourself

For your Career

- Learn something new
- Organize workspace
- Stay in the loop
- Enroll in a course
- Attend a seminar

SELF - AWARENESS ASSESSMENT

WHAT TYPE OF PERSON ARE YOU TODAY?

PERSON THAT MAKE
ME FEEL MOTIVATED

I'M HAPPIEST WHEN I....

I'M MOST UNHAPPY WHEN....

3 THINGS THAT PUT ME
IN A GREAT MOOD

1.

2.

3.

3 THINGS THAT MAKE
ME LAUGH

1.

2.

3.

SELF - AWARENESS ASSESSMENT

READ THE PROMPTS BELOW AND THINK ABOUT THE FIRST THING THAT COMES TO MIND. FILL YOUR ANSWERS OUT IN THE BLANK BOXES.

I AM A HUMAN BEING THAT...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	

M I N D F U L N E S S A C T I V I T Y

Wake up
early

Watch the
sunrise

Find a flower
that smells
good

Gaze at the
stars

Practice
patience

Walk
mindfully

Listen to
music

Do a body
scan

Meditate

Take a
break from
technology

Write down
your thought

Accept your
thought

Write down
what you are
grateful for

Practice
affirmations

Positive self-
talk

Mindful
journaling

MEMO

M I N D F U L N E S S

Q U E S T I O N S

- WRITE A MOMENT THAT YOU WILL NEVER FORGET
- DESCRIBE HOW YOU FEEL WHEN YOUR BREATH MOVE THROUGH YOUR BODY
- HOW DO YOU FEEL STRONG EMOTIONS IN YOUR BODY ?

M I N D F U L N E S S R E F L E C T I O N

RATE YOUR ABILITY TO REMAIN PRESENT TODAY :

1 2 3 4 5 6 7 8 9 10

TODAY I WAS ABLE TO REMAIN MINDFUL WHILE :

- Eating
- Walking
- Working Out
- Cooking
- Cleaning

- Journaling
- Listen To Music
- Working
- Driving

- Showering
- Painting
- Reading Book
-

TODAY'S MAJOR DISTRACTIONS :

1. _____

2. _____

3. _____



30 DAYS OF MINDFULNESS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Do a random act of kindness	Go for a mindful walk	Download a mindfulness or journal app	Exercise without music, pay attention on your body	Enjoy mindful eating
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Write down two things you are grateful for	Watch a relaxing movie	Try mindful meditation	Spend a minute practicing self-awareness	Declutter your desk
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Spend and savor time with your family	Take a mindful shower	Listen to a song mindfully	Stretch for 10 seconds and breathe	Fully enjoy a cup of tea/coffee
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Put 'rest' at the top of your to do list	Find some jokes and share it	Notice how your body feels	Say something kind to yourself	Spend some time looking at the nature
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Do something creative today	Read aloud positive affirmation	Do a guided meditation	Limit your screen time	Read a book
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Set 3 goals for today	5-minute journal entry	Mindful breathing	Write a gratitude list	Read over your mindfulness journal for a month



Mindfulness programs available for children of all ages, parents, teachers, organizations, groups, as well as individual mindfulness coaching sessions available.

Email me for more information at
apeacefulheart1111@gmail.com

THANK YOU



By
Anna Ferreira



@A Peaceful Heart

e-mail:

apeacefulheart1111@gmail.com

A PEACEFUL HEART