

# MINDFULNESS HANDOUT 1



(Mindfulness Worksheet 1)

## Goals of Mindfulness Practice

### REDUCE SUFFERING AND INCREASE HAPPINESS

Reduce pain, tension, and stress.

Other: \_\_\_\_\_

### INCREASE CONTROL OF YOUR MIND

Stop letting your mind be in control of you.

Other: \_\_\_\_\_

### EXPERIENCE REALITY AS IT IS

Live life with your eyes wide open.

Experience the reality of your . . .

- connection to the universe.
- essential “goodness.”
- essential validity.

Other: \_\_\_\_\_