

Taking a Mindful Seat

Sensations

What sensations am I noticing, if any? If you notice any sensations, bring your awareness to them.

Emotions

What emotions are present? If you notice any emotions, bring your awareness to them

Actions

What actions or impulses do you feel like doing? If you notice any actions, bring your awareness to them

Thoughts

What thoughts are present, if any? If you notice any thoughts, bring your awareness to them.