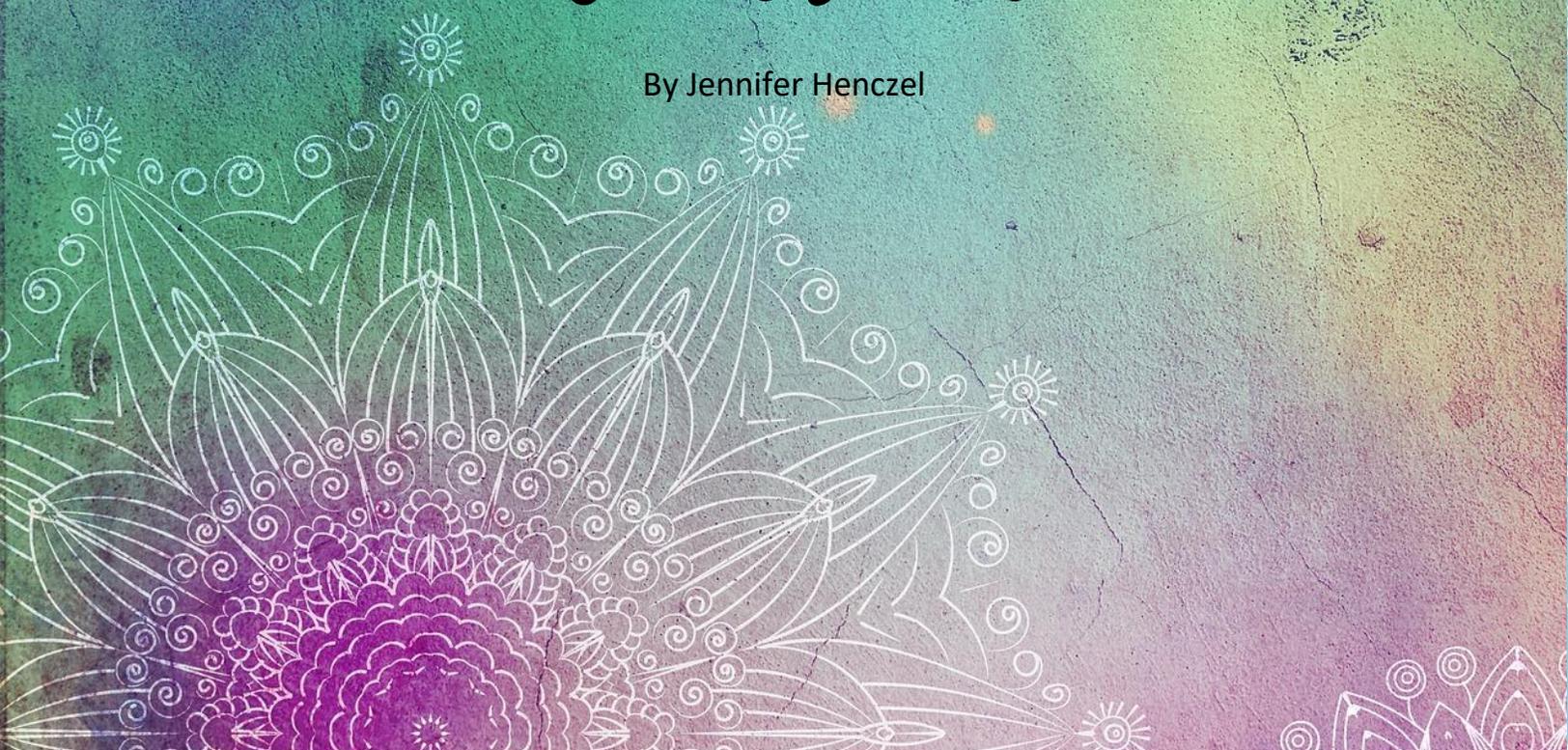




Mindfulness Workbook

By Jennifer Henczel



Being Intentional

What benefits or goals do I hope to achieve by being more mindful?

- *To improve my communication skills*
- *The ability to better manage my thoughts and feelings*

- _____
- _____
- _____

What obstacles might I face while trying to become more mindful?

- *My mind might wander while meditating*
- *Not practicing regularly*
- *Trying too hard/ over-focusing*

- _____
- _____
- _____

I will overcome these obstacles by:

- _____
- _____
- _____

Questions to ask While practicing mindfulness

- *How am I feeling right now?*
- *How do I feel about the day ahead (or tomorrow)?*
- *Can I feel the presence in my hands?*
- *Who am I? Who is the real person sitting here?*
- *Where is my attention right now?*
- *Where am I physically feeling my perceptions right now?*
- *Does time really exist in the present moment?*
- *How will this meditation session affect me, and others around me?*
- *Who would I be if I didn't have limiting beliefs?*
- *How can I better take care of myself?*

- _____
- _____
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Mindfulness Gratitude Game

Want to make your day instantly better? Let's play a gratitude game. Wherever you are, make a quick list (on your phone, on a napkin or old receipt) of something you've perceived with your five senses today that you're thankful for!

For example... I'm currently _____ [in my living room/shopping/in the car] loving the smell of _____ [cinnamon/trees/a fall candle], the sight of _____ [lights twinkling/leaves falling/orange and red] and the sound of _____ [people laughing/music playing/drinks pouring].

Here's my example for today: *This morning, I was so grateful for the crisp air and fun times during our fall walk this morning. The spectacular views of the bare trees against the blue sky. Enjoying the sound of my husbands voice and feeling so supported, as we chatted and walked and loved. What a great way to start the day!*

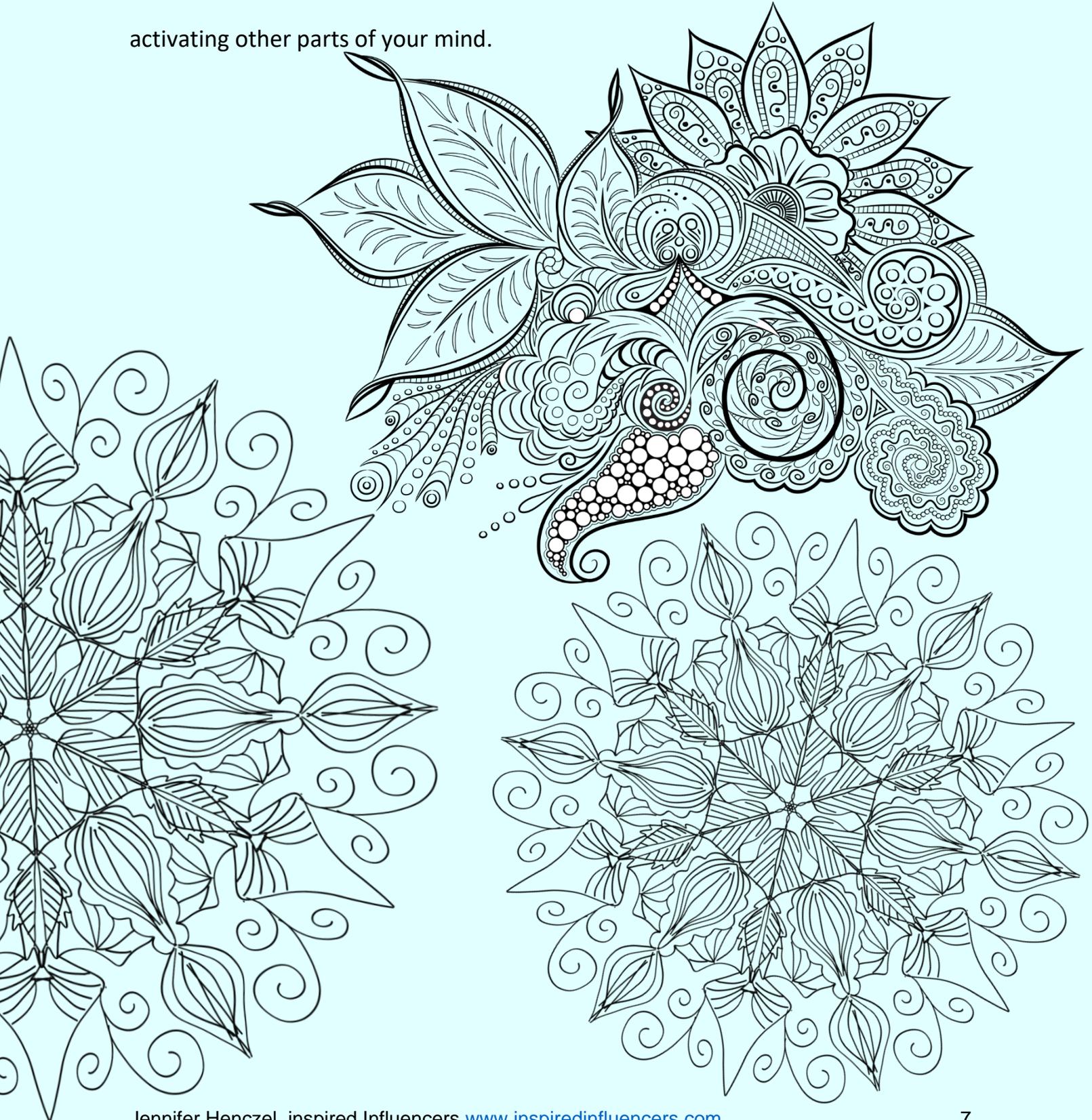
You can see how mindfulness and gratitude go hand in hand. Resetting your mind and focus, while drawing abundance into every situation.

Thought Tracking Sheet

Event or Situation	Emotions Experienced	Physical Sensations	Unhelpful Thoughts	Why I Felt This Way	Results of My Thoughts	What I Can Do Better Next Time

Notes / Thoughts:

Coloring has become popular as a mindfulness activity to help you stay present in the moment. Not to mention, tapping into your creativity and activating other parts of your mind.





Watch this video to find out my “5 Majestic Mindset Shifts for Getting Unstuck” that finally helped me to breakthrough that took me from PT entrepreneur to generating my own full-time income, month and after month.

<https://www.inspireinfluencers.com/queen>

Also, I was wondering, have you ever wanted to write a book? Or have you ever thought of turning your ideas into a journal or planner that you can sell on Amazon? Or have you ever wanted to help others through a transformational process? Or have you ever wanted to start a movement with your message? Check out my “5 Day Book Bliss Challenge” where I’ll show you how to publish your book, workbook, journal or planner in 5 days!

<https://www.inspireinfluencers.com/book-bliss/>



Flow + Focus + Framework =
freedom

Invite me to speak at your next event

I'm an Influence Strategist and Founder of Inspired Influencers & Story Academy. I work with leaders who are ready to level up to create more impact, influence and income.

My superpower is accelerating people's journey towards finding their voice and increase visibility.

I help business owners navigate all of today's top tools and strategies to create a client attraction system that works.

Most importantly, I lead people through the process of creating harmony and abundance for themselves, while serving the world with their purpose.

I've planned and promoted over 500 events. I have many years of experience in training, and delivering workshops and seminars for Universities, Government Funded Training Centres, and Corporate clients. I offer online and offline live in-person events of all types and size, with both local and international audiences.



Jennifer

I hope you find this guide useful.

Jennifer Henczel, Founder

Inspired Influencers

Let's connect!

Here are some other resources that might interest you:

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