MBSP Handout 6.1

Session 6: Mindfulness of the Golden Mean

Tracking and Suggested Exercises

Suggested Exercises/Homework This Week:

- Fresh look meditation, 1×/day. As practiced in group: (1) Anchor mindfulness to breath; (2) image a life issue/challenge; (3) tune into thoughts/emotions/sensations in the present; notice in the image where strengths are overused/underused; (4) reframing: image your successful use of strengths to manage, balance, or resolve the issue/challenge; (5) breath anchor.
- Character strengths breathing space exercise, 1×/day, and as needed.
- Track all mindfulness practices, including mindful walking, eating, driving, etc. below.
- From mindless to mindful: Choose an area of your life where mindlessness has a negative impact on your life. Practice bringing mindfulness and strengths to it each day.

Day/Date	Type of Practice & Time Length	Obstacles to My Practice	Strengths Used	Observations/Comments
Tuesday Date:				
Wednesday Date:				
Thursday Date:				
Friday Date:				
Saturday Date:				
Sunday Date:				
Monday Date:				
Tuesday Date:				