



Quieten YOUR Mind worksheet

1. Mind Check-In

Right now, my mind feels: _____

2. Overthinking Patterns

What thoughts keep looping today?

3. Practice Space

Try one of these now:

- Box breathing (inhale 4, hold 4, exhale 4, hold 4)
- 5-4-3-2-1 grounding
- 2 minutes of mindful walking

How do I feel after? _____

4. Release & Reset

Write down one thought you want to let go of today:

Write down what would help you to just “watch, witness” the thought:

5. Daily Habit Tracker

- ☐ Took 3 deep breaths before a task
- ☐ Stepped away from screens for 5 minutes
- ☐ Wrote down a looping thought
- ☐ Practiced a grounding or mindfulness exercise

my life me