



M I N D F U L N E S S

WORKBOOK

C O A C H I N G P R O G R A M

B Y

AMBER PRICE THE CLARITY EXPERT

MINDFULNESS



Reflect on the questions below, one at a time, and ask yourself how it impacts and influences your life choices, what emotions or thoughts it brings to your awareness and what inspires you the most about it. Tip: Reflect honestly and without judgement. Your answers are meant to align you to the most authentic version of yourself, for increased clarity.

1. What sparks the most joy in my life?

2. What do I feel compelled to with my spare time?

3. How does stress or anger feel in my body?

4. How does joy and peace feel in my body?

MINDFULNESS



Try one mindfulness activity each day for a month and identify what exercise works the best for you. Mindfulness brings awareness to the moment, without judgment, take notice of what your see, hear, feel, sense, taste, smell etc. Always end the experience with asking yourself how it made you feel and what insights you discovered.

Day 01	Body scan	Day 16	Bring focus to your breath
Day 02	Look at your hand for 5 mins	Day 17	Notice 3 things you can feel
Day 03	Notice 3 things you can smell	Day 18	Pay attention to your thoughts
Day 04	Look at a waterfall for 5 mins	Day 19	Stare at a tree for 10 mins
Day 05	Walking meditation	Day 20	Notice Self in a time of anxiety
Day 06	Pay attention to your emotions	Day 21	Notice 3 things you can see
Day 07	Bird watching for 10 mins	Day 22	Sing and notice your emotions
Day 08	Bring focus to your heart beat	Day 23	Look at a candle flame for 5 mins
Day 09	Notice 3 things you can hear	Day 24	Stretch and notice breath
Day 10	Read and notice your thoughts	Day 25	People watching for 10 mins
Day 11	Look at an orange for 5 mins	Day 26	Shower and notice senses
Day 12	Reflect on a time of anger	Day 27	Give yourself a hug for 2 mins
Day 13	Have a bath and notice skin	Day 28	Notice 3 things you can taste
Day 14	Dance and notice your body	Day 29	Colour or draw for 15 mins
Day 15	Look at the sky for 5 mins	Day 30	Listen to someone talk for 10 mins- no judgement