

Name _____

Date _____

mindfulness series

THE OUTSIDE AND INSIDE PRESENT

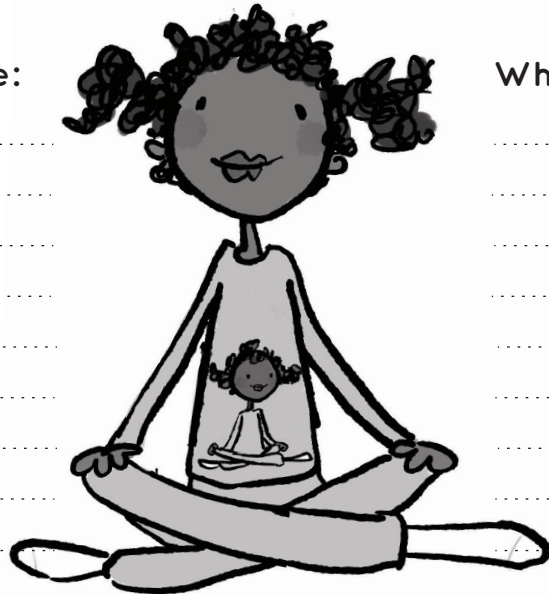
Mindfulness is being aware of what is taking place outside of us, as well as what is happening on the inside.

Take a moment to observe what is going on around you.

With your eyes open, use your five senses to pay attention. This is the “outside present.” Now, close your eyes and turn your attention inward. This is the “inside present.” Write your impressions.

What I notice outside:

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What I notice inside:

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1. What is similar about the outside present and the inside present?

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2. What is different about the outside present and the inside present?

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3. Is it easier to observe the outside present or the inside present? Why?

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Draw yourself from the inside and from the outside.

In the space below, draw a picture of yourself showing the outside present and the inside present.

