Mindfulness Worksheet 1

Have you ever had a time when you were practicing or performing and you realized that as you were playing you were daydreaming or thinking of something completely different than your music? If we don't guide our thoughts, our brains will find something to think about, won't they? But we can actually take charge of our brains and say "yes" or "no" to whatever thoughts come our way. First, we must become aware of what our brains like to think about: become a thought observer, a note taker. Close your eyes and take a few deep breaths. Simply notice what thoughts or feelings pop up during a one-minute period.

Using words or a picture, describe what your mind wanted to think about.

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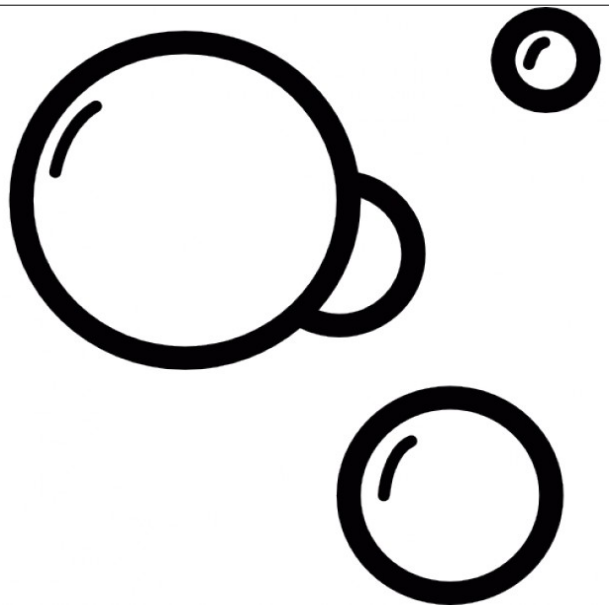
Mindfulness Worksheet 2

Now that you have observed what thoughts your brain likes to think about, imagine that you get to create a bubble around your brain. Make the bubble comfortable by deciding how big and bright it is. Make sure you and your brain are inside the bubble and that it's completely silent. You are now the boss of what thoughts get to come in and what thoughts must stay out. Whatever thoughts you do not wish to have in your bubble, imagine them as little leaves that bounce off when they touch the bubble.



Using words or a picture, describe what your bubble looks like and how it feels to be the boss of your brain.

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