

Being Present

Present Moment Awareness Worksheet

What is Present Moment Awareness?

Present Moment Awareness involves fully engaging with and being conscious of the current experience. It encourages awareness of ongoing thoughts, feelings, sensations, and environmental stimuli in the here and now.

Life happens in the present moment. By cultivating present-moment awareness, we can respond more effectively to what is actually happening rather than being caught up in mental narratives about the past or future.

Key Characteristics:

- Being fully engaged in the current experience
- Mindful awareness of present thoughts, feelings, and sensations
- Staying grounded in the here and now
- Reducing rumination about the past or worry about the future
- Flexible attention to what is happening right now

Exercise 1: The 5-4-3-2-1 Grounding Technique

Duration: 3-5 minutes | Difficulty: Beginner

Purpose: Anchor attention in the present moment using all five senses

Instructions:

1. Pause whatever you're doing and take a comfortable position
2. Take a few deep breaths to settle yourself
3. Systematically engage each of your senses:

SIGHT - Identify 5 things you can SEE:

TOUCH - Identify 4 things you can FEEL/TOUCH:

HEARING - Identify 3 things you can HEAR:

SMELL - Identify 2 things you can SMELL:

TASTE - Identify 1 thing you can TASTE:

Reflection Questions:

- What did you notice that you hadn't been aware of before?
- How does your body feel now compared to when you started?
- What was it like to focus on your senses rather than your thoughts?



| Exercise 2: Mindful Breathing

Duration: 5-10 minutes | Difficulty: Beginner

Purpose: Develop present-moment awareness through breath focus

Instructions:

1. Find a comfortable position (sitting or lying down)
2. Close your eyes if comfortable, or maintain a soft gaze downward
3. Take several long, slow, deep breaths
4. Allow your breathing to become natural (don't control it)
5. Simply observe your breath:
 - Notice the sensation of air moving through your nostrils
 - Feel your chest and belly rise and fall
 - Observe the slight pause between inhale and exhale
 - Notice the temperature of the air (cooler in, warmer out)
6. When your mind wanders (and it will):
 - Notice that it has wandered
 - Gently acknowledge where it went
 - Without judgment, guide your attention back to your breath
 - This is not failure—this IS the practice

After Practice - Reflect:

How many times did your mind wander?

What did you notice about your breathing?

How do you feel now compared to before the exercise?

| Exercise 3: Body Scan

Duration: 10-15 minutes | Difficulty: Beginner to Intermediate

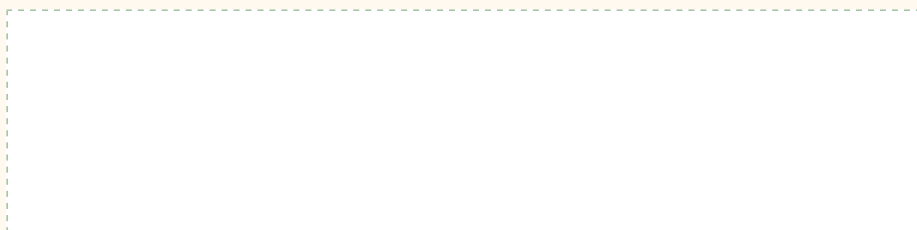
Purpose: Develop awareness of physical sensations in the present moment

Instructions:


1. Lie down or sit comfortably and close your eyes
2. Take three deep breaths
3. Starting with your feet, slowly move your attention through your body:
 - Feet and ankles
 - Lower legs and knees
 - Upper legs and thighs
 - Hips and pelvis
 - Lower back and abdomen
 - Upper back and chest
 - Shoulders, arms, and hands
 - Neck, face, and head
4. For each area, notice sensations without judgment
5. If you notice tension, just observe it—don't try to change it
6. Finish by noticing your whole body at once

After Practice - Reflect:

Where did you notice the most sensation?



What was it like to simply observe without trying to change anything?



Practice Tips:

- Use the 5-4-3-2-1 technique whenever you feel overwhelmed, anxious, or disconnected
- Practice mindful breathing daily to strengthen present-moment awareness
- Start with just 2-3 minutes and gradually increase duration
- Remember: the goal is not to stop thoughts, but to notice them and return to the present
- Every time you notice your mind has wandered and bring it back, you're succeeding
- Body scan is excellent for bedtime and can be shortened to 5 minutes

Hexaflex Model - Acceptance and Commitment Therapy (ACT)

Practice regularly to develop psychological flexibility