

## Summer Mindfulness Worksheet

### *Something New, Something Nice, Something Natural*

#### *Something New*

Find something in your environment that you haven't noticed before or given much attention to. Take a few seconds and really focus on it.



#### *Something Nice*

Remember one nice thing that someone said about you or that happened to you today. Hold on to this memory for 20-30 seconds.



#### *Something Natural*

Take a moment to observe something from nature, such as the clouds, a tree, or the birds that live around your home.