

Name _____

Discovering Inner Peace: Mindfulness and Meditation for Personal Growth

Open-Ended Response Questions

1. Share a personal experience of practicing mindfulness and describe how it made you feel.
2. Explain how you can incorporate mindfulness into your daily routine, even if you have a busy schedule.
3. Reflect on a situation when practicing mindfulness helped you respond to a stressful event in a more composed way.
4. Describe a goal you have for improving your mindfulness and meditation skills and outline steps you plan to take to achieve it.

