

Perfect 10 Breaths

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



In this mindfulness worksheet we explore a technique called the Perfect 10 Breaths.

With the Perfect 10 Breaths exercise we try to mindfully watch the breath, without distractions, for ten full cycles of exhale and inhale.

Although it's called "Perfect 10," perfection is not the ultimate goal. Awareness is the goal. By trying to focus single pointedly on one thing (the count of the breath) we notice where it is that our mind veers off, chasing distraction.

Over time, by attempting to move towards perfection, we can sooner catch the mind in this process of wandering away. And we can sooner turn the mind back to the breath.

We will never fully stop the movement of the mind, but we can become so acutely aware of this movement that we're able to stop ourselves from chasing it, never skipping a beat with our count.

As with all mindfulness meditations, by setting an intention and noticing when we veer from that intention, we learn more about our mind and our selves.

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PERFECT TEN MEDITATION

- Find a comfortable seat in a place that's free from distractions
- Set a timer for 3, 5 or 7 minutes
- Sit up tall with a neutral spine
- Close your eyes or gaze low at the ground
- Breathe slowly and quietly in and out through your nose
- Place attention on your breath
- Once you feel settled and focused, begin the perfect ten
- Count your exhale breath as number one, followed by inhale number one
- Then exhale breath number two, followed by inhale number two
- Exhale number three, and so on, all the way up to inhale number ten
- Any time you notice you've lost count, simply start over with exhale number one
- Continue counting to ten, or attempting to reach ten, until your time is up

WHAT DID YOU NOTICE?

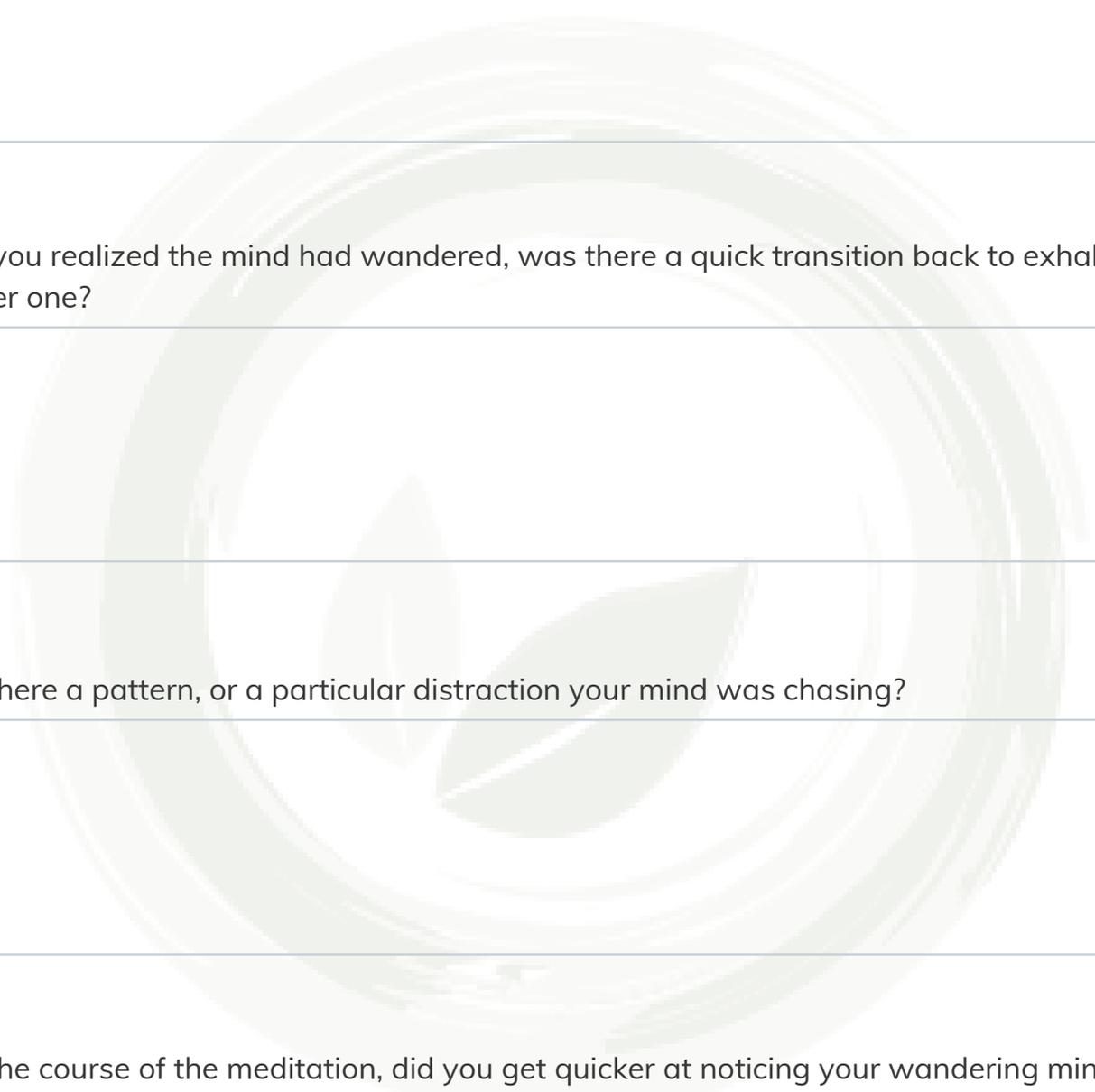
Describe your experience with the meditation in general

How challenging was it to achieve a perfect ten?

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When you realized your mind had wandered, did you realize right away?



Once you realized the mind had wandered, was there a quick transition back to exhale number one?

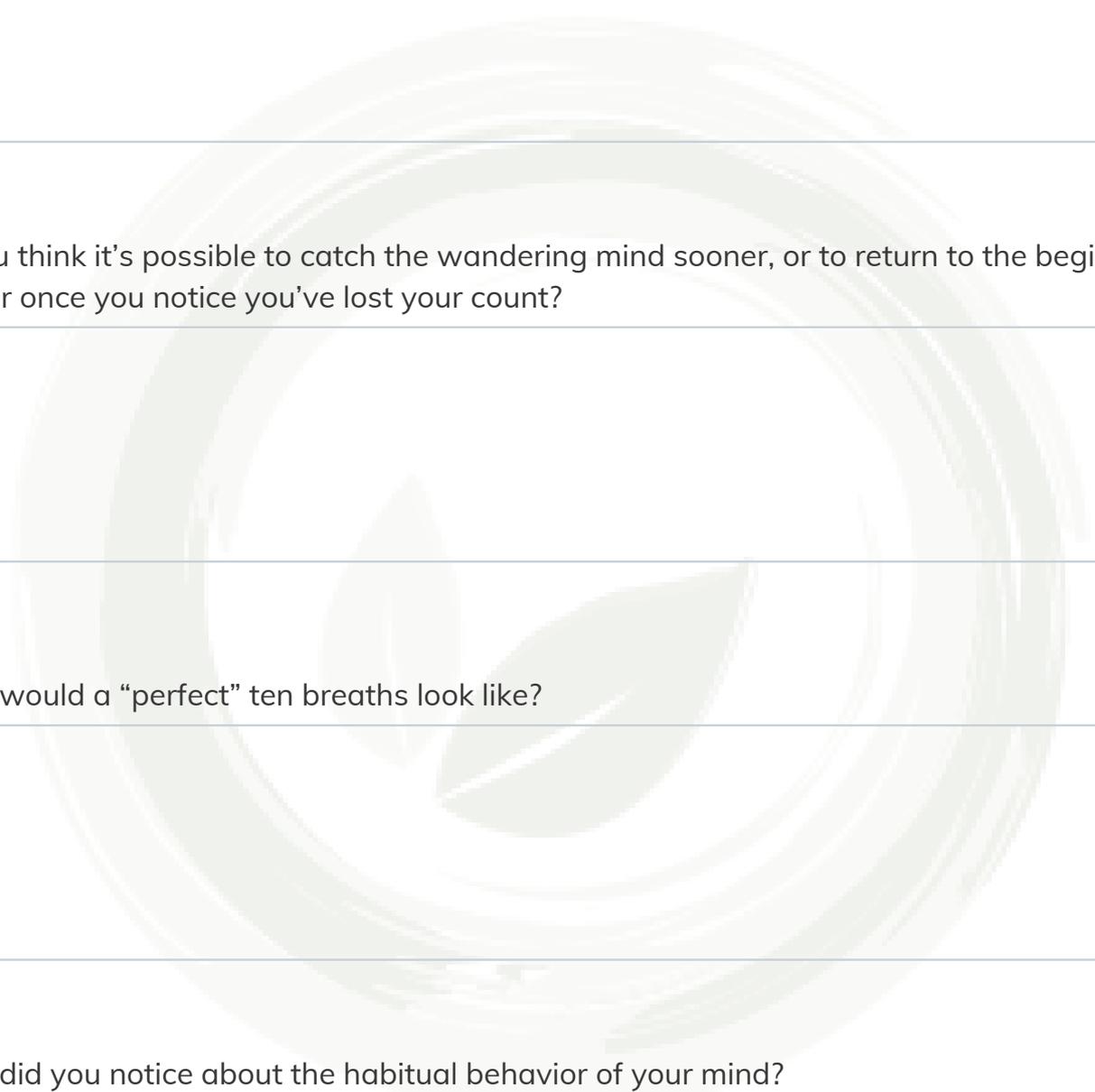
Was there a pattern, or a particular distraction your mind was chasing?

Over the course of the meditation, did you get quicker at noticing your wandering mind?

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Why do you think we begin the count with the exhale breath, and not the inhale?



Do you think it's possible to catch the wandering mind sooner, or to return to the beginning quicker once you notice you've lost your count?

What would a "perfect" ten breaths look like?

What did you notice about the habitual behavior of your mind?

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How do you think this improving type of focus will help you outside of meditation?

REVIEW

We're not always aware of the movement of our minds and how we habitually get swept away by distractions. When we attempt to anchor the mind on a single point of focus, we can see this habitual movement more clearly.

Our busy movement-addicted minds are not worse during meditation, it's that we're finally noticing the movement that's always present. Recognizing this movement is the first step in gradually becoming more detached from it.

With practice, we can teach the mind that it doesn't have to chase after every thought, or fluctuation of energy. We can teach the mind to stay on our chosen point of focus.

A mind that learns to let go of distractions is a mind that sees more clearly, makes better decisions, is less reactive, and can question its own perspective.

All of these things make us kinder, happier, and more at peace.