

MINDFULNESS WORKBOOK

By Ryan Zofay



A guided workbook for mindfulness, emotional healing, and personal transformation.

Mindful Breathing Log

Record how breathing exercises impact your mood and presence.

Anxiety Grounding Worksheet

Use the 5-4-3-2-1 method and record emotional shifts.

DBT Wise Mind Worksheet

List Emotional Mind, Rational Mind, and Wise Mind insights.

Overthinking Release Sheet

Dump looping thoughts and categorize by control.

Mindful Eating Reflection

Describe sensory details from the mindful eating exercise.

Daily Mindfulness Tracker

Check off which practices you completed today.



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