

Leaves on a Stream Worksheet

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Instructions: 1. Find a comfortable and quiet place where you can relax and focus. 2. Imagine yourself sitting by a gentle stream with leaves floating on the water. 3. As thoughts come into your mind, visualize each thought as a leaf floating by on the stream. 4. Write down each thought on the lines provided below, imagining it as a leaf passing by. 5. Once you've acknowledged the thought, let it continue floating down the stream and gently guide your attention back to the present moment. 6. Repeat this process for each thought that arises during the exercise. 7. Remember, this exercise is about observing your thoughts without judgment or attachment.	
Thought/Leaf: I need to finish my work project before the deadline.	
Thought/Leaf: What should I make for dinner tonight?	
Thought/Leaf: I forgot to call my friend back. I should do that.	
Thought/Leaf: I wonder what the weather will be like tomorrow.	
Thought/Leaf: Did I remember to turn off the lights before leaving the house?	
Thought/Leaf: I need to buy groceries on the way home.	
Reflection	
How did it feel to observe your thoughts as leaves on a stream?	
It felt calming and helped me distance myself from my thoughts.	

Were there any recurring thoughts or patterns that you noticed?

I noticed that work-related thoughts and responsibilities kept popping up.

Did you find it challenging to let go of certain thoughts or hold on to others?

Yes, I found it challenging to let go of thoughts related to work deadlines but easier to let go of thoughts about dinner planning.

What insights, if any, did you gain from this exercise?

I realized how often my mind jumps from one thought to another and how important it is to practice letting go.

How can you apply the concept of "leaves on a stream" to your daily life?

I can use this concept to observe my thoughts without getting too caught up in them and learn to let go of unnecessary worries or distractions.