Leaves on a Stream Worksheet

Name: _____ **Date:** _____ dd / mm / yyyy

Instructions: Find a comfortable and quiet place where you can relax and focus. Imagine yourself sitting by a gentle stream with leaves floating on the water. As thoughts come into your mind, visualize each thought as a leaf floating by on the stream. Write down each thought on the lines provided below, imagining it as a leaf passing by. Once you've acknowledged the thought, let it continue floating down the stream and gently guide your attention back to the present moment. Repeat this process for each thought that arises during the exercise. Remember, this exercise is about observing your thoughts without judgment or attachment.

Thought/Leaf:

Thought/Leaf:

Thought/Leaf:

Thought/Leaf:

Thought/Leaf:

Thought/Leaf:

Thought/Leaf:

REFLECTION

How did it feel to observe your thoughts as leaves on a stream?

Were there any recurring thoughts or patterns that you noticed?

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

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

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