



A complete toes-to-head body scan in four parts, with a short note after each and a week-long practice log. If it brings up distress or difficult memories, stop, open your eyes and ground yourself in the room around you.

01 Getting settled

Lie down or sit comfortably. Let your eyes close, or rest your gaze softly on the floor in front of you. Notice the places where your body is touching the bed, floor or chair, and let them take your weight. Feel your breath moving in and out, without changing it. Remind yourself that for the next few minutes there's nothing to achieve. You're just going to notice.

How busy does my mind feel right now?

1 2 3 4 5 6 7 8 9 10

Very still

Very busy

02 Part 1: feet and legs

Bring your attention down to the toes of your left foot. Notice whatever is there: warmth or coolness, the touch of a sock, tingling, or nothing at all. Let your attention spread to the sole of the foot, the heel and the top of the foot, then the ankle. Move slowly up through the lower leg, the knee and the thigh. Then let the left leg go from your attention and do the same with the right: toes, foot, ankle, lower leg, knee, thigh. If your mind has wandered, that's fine. Notice where it went, and come back to wherever you were.

What did I notice in my feet and legs?

03 Part 2: hips, back, belly and chest

Bring your attention to your hips and pelvis, and the places where they meet the surface under you. Move up into your lower back, noticing any tightness or ease, without trying to change it. Then your upper back and shoulder blades. Now bring your attention round to your belly. Notice it rising and falling with each breath. Move up to your chest, and notice the breath there too. If you feel your heartbeat, notice that. If you don't, that's fine.

What did I notice in my middle and chest?

04 Part 3: hands, arms and shoulders

Bring your attention to the fingertips of both hands. Notice each finger if you can, then the palms and the backs of the hands. Move slowly up through your wrists, forearms, elbows and upper arms. Then rest your attention on your shoulders. Shoulders often hold tension. If yours feel tight, just notice the tightness, as if you're curious about it. If they soften as you notice them, let them. If they don't, that's fine too.

What did I notice in my hands, arms and shoulders?

05 Part 4: neck, face, head and whole body

Move your attention to your neck and throat. Then your jaw, noticing whether your teeth are touching. Your mouth and lips, your cheeks and nose, and the air moving in and out. Your eyes and the small muscles around them. Your forehead, the sides and back of your head, and the top of your head. Now widen your attention to take in your whole body at once, lying or sitting here, breathing. Stay with that for a few breaths. When you're ready, wiggle your fingers and toes, open your eyes, and take your time before you get up.

What did I notice in my face and head, and in my body as a whole?

06 Afterwards

There's no right result. A body scan where your mind wandered constantly still counts.

How busy does my mind feel now?

1 2 3 4 5 6 7 8 9 10

Very still Very busy

Where did my mind tend to wander? (plans, worries, memories, sounds)

Where did I notice tension, and where did I notice ease?

Anything that surprised me, or that I want to try differently next time:

07 My 7-day practice log

Mindfulness tends to build with practice. Try a body scan once a day for a week if you can, at a time you're unlikely to be interrupted. Short or imperfect sessions still count.

Day and time	How long minutes	Lying or sitting	What I noticed
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

When you're done, a moment to reflect

- Which part of your body was easiest to feel, and which was hardest?
- What does your mind tend to wander towards when you give it a quiet moment?
- What changes when you notice a feeling in your body without trying to fix it?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.