

Bringing Basic Awareness to Your Life

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



1. How is your life now? What's your experience of living it:

At work?

At home?

In your relationships?

With your body?

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What's the balance of:

Action / reflection?

Work / renewal?

New activity / continuing activity?

2. What do you want your life to be like (in the above categories):

During the coming year?

Next year?

In two years?

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What is next for you:

At work?

In your relationships?

With your body?

With your education?

In the contributions you want to make?

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4. What have you accomplished this year?



5. How will you take what you learned from this forward into your life?