



USING MINDFULNESS TO ENHANCE YOUR LIFE

WORKSHEET



Implementing mindfulness in your life can be a challenging task. Knowledge and planning are the keys to success.

Answer these questions to gain a better understanding of your situation:

1. In what ways can mindfulness enhance my life? Which of the benefits would make the biggest impact?

2. How well am I able to focus in low-pressure situations? How do I react in high-stress situations?

3. How could mindfulness help my relationships? How can I become a better listener?

4. What am I willing to do to become mindful? Am I prepared to spend months waiting to see significant results that last?

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5. What other information do I need to move forward in my journey to mindfulness?

6. Who else could I share this experience with? (An accountability partner is helpful.)

7. What is stopping me from getting started today? What potential obstacles do I anticipate as I'm trying to achieve and maintain a mindful state?
