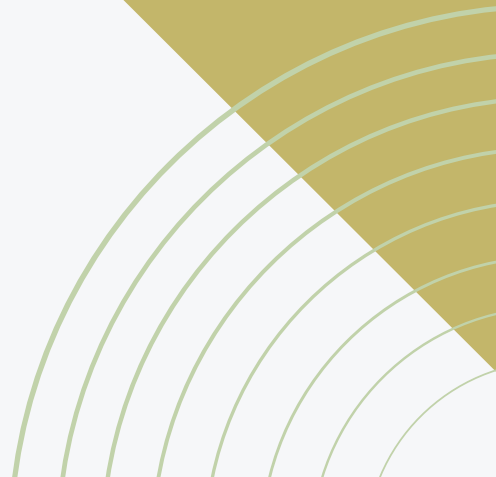




# 8 MINDFULNESS WORKSHEETS POWER PACK



mindfulness  
EXERCISES



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# Grounding

## 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



In our modern day world, as many find themselves 'caught up in the mind,' we often lack a full sense of being 'grounded.'

When we are grounded, we are deeply present with the body, with the breath, and with the world around and within us. The mind is at greater ease and we move through our day with greater presence.

The good news is that when we are feeling ungrounded, a simple grounding practice can bring us back into the earth and into our bodies. This simple exercise is an example of that.

### **PRACTICE:**

1. Come into a comfortable seated position, ensuring the spine is straight, the shoulders are relaxed, and the eyes are gently closed.
2. Take five full breaths, slowly and steadily, as you drop deeper into this present moment. As you breathe, let the belly be soft to encourage the breath to flow as deep as is comfortable.

# Grounding

## Mindfulness Worksheet

3. After these five grounding breaths, shift your attention to the earth beneath you. Depending on how you are seated (you may be cross-legged on the floor, seated on a chair, or in some other position), tune into whatever physical reality supports you. Hold your attention on the areas of your body that are in direct contact with what is beneath you. Stay present with this for ten to fifteen full breaths.
4. Then, gently shift your attention to hold the fullness of your body in your awareness. Note what it feels like to be in or with your physical body right now. Observe whatever sensations might be here for ten to fifteen full breaths.
5. Come back to the breath for another minute of mindful breathing. Remain attuned to the sensations of each breath cycle.
6. When you feel ready, gently open your eyes and begin to reflect upon your experience of this practice.

### REFLECTION QUESTIONS:

1. How did it feel to ground yourself in this way? Which parts of it were the most settling for you (i.e. connecting with the earth, with the breath, or with your body)?

2. How did your sense of presence change from before the practice to the end of it? Reflect upon any shifts that occurred in both mind and body.

# Self-Compassion Break

## 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
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How often do we take pause from the thinking, analyzing, and judging mind to practice self-compassion? For a lot of us, it is easier to cultivate loving, accepting thoughts for another than it is to offer this kindness to ourselves. This practice is an invitation to offer ourselves the same kindness and compassion that we would offer a loved one, helping us to embrace ourselves with love.

### PRACTICE:

This exercises can be practiced in two ways. First, you might like to set an alarm for three times in your day. When the alarm goes off, it serves as a reminder to take a self-compassion break. Alternatively, you might simply keep this notion in mind so that you can come to it anytime you are feeling worried, anxious, stressed, or caught in a negative thought pattern.

1. When the alarm goes off (or when you notice you need a time-out from the mind), find a safe space to step aside to where you can comfortably close your eyes for a few moments.
2. Eyes closed, draw one or both hands to your heart, letting them rest flat on your chest. Take three full, deep breaths into the body, letting both chest and belly expand.

# Self-Compassion Break

## Mindfulness Worksheet

3. Take this time to acknowledge that you are struggling, offering yourself any words of support or compassion that you might offer a loved one. Be there for yourself as a friend, holding yourself unconditionally for a few more full breaths.

4. Before ending the practice, take a few moments to silently repeat the phrases:

- I honor and support myself.
- I love and accept myself.
- I practice peace and patience.
- I am worthy of my own compassion and kindness.

You may repeat these as many times as you feel called to.

5. Take a final moment to offer yourself any other words you might need to hear. When you are ready to carry on with your day, slowly open your eyes. Carry this self-compassion with you as you move forward.

### REFLECTION:

How did it feel to practice this simple exercise of self-compassion? How might you incorporate this into your daily routine?

# Shadow Exercise

## 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
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### PURPOSE / EFFECTS:

This exercise will help open up the hidden depths of your creative self. It can also be used to begin the journey of self discovery.

### METHOD:

#### Summary

Describe a person you strongly dislike.

#### Long Version

- For this exercise you need paper and a pen.
- Now bring to mind someone who you really strongly dislike, or someone who has a lot of behaviors that drive you crazy and make you angry.
- Make a list of all the things about this person that you do not like. Be very specific about which things about them or their behavior bother you.

# Shadow Exercise

## Mindfulness Worksheet

- When you have finished, draw a box around this list. 5. In large letters, label this box “My Shadow.”
- Consider that all the characteristics you have written down represent a hidden, unconscious part of yourself. This is a part of yourself that you hate, fear, or otherwise dislike for some reason.
- Think about how many people around you demonstrate these shadow characteristics you have described. You may be surprised!
- It is often the case that we attract into our lives people and situations that have these shadow characteristics that we dislike. This is because the shadow is a disowned part of yourself that contains important parts of your overall, whole personality.
- Sit for a moment, and consider if there is a way, through art or writing or some other creative expression, that you can express this disowned, suppressed part of yourself. The shadow is where the power and creativity in your soul lives!

### HISTORY:

The concept of the shadow was first elucidated in this form by psychologist Carl Jung.

### CAUTIONS:

Shadow work can sometimes be quite difficult or intense. If you want to do deep shadow work, it is recommended that you do so with the help of a Jungian therapist.

### NOTES:

Because the shadow represents a repressed part of our own unconscious self, it is very common for the shadow to appear in dreams. Nightmares, dreams of monsters, killers, demons, etc., are often simply the shadow appearing in its most disturbing disguise. If this is the case, do some dream tending with the image.



# Emotional Awareness Meditation

## Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

*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



Drawing mindful awareness to our emotional experiences is one of the most powerful mindfulness practices we can explore. In doing so, we develop a new way of relating to whatever emotions are present. We come to witness it for what it is, softening the mind that relays repeated stories about our experience.

Mindfulness of our emotions requires us to come into contact with the raw experience of the emotion itself. How does it feel within the body? Often, we describe our emotions by recounting why we feel the way we feel, but this doesn't describe how the raw emotion is actually presenting itself within us.

This practice is not about making our emotions right or wrong; it is about developing a new understanding of how emotions present themselves within the body. Harness compassion and patience as you explore this, remaining open to learning something new about whatever emotion is present in you.

### **PRACTICE:**

1. Begin by coming to a comfortable seated position. If sitting presents a barrier for you, you may also consider resting on your back. In either case, ensure that the spine is straight, the chest is open, and the eyes are closed.

# Emotional Awareness Meditation

## Mindfulness Worksheet

2. Take a few moments to ground yourself by watching the flow of five or six breaths.
3. Once settled, open your inquiry to consider: Is there an emotion present here? You do not need to actively seek anything; simply open your awareness to whatever might be here.
4. If you detect that there is indeed some emotion present (i.e. anger, anxiety, confusion, grief, irritation), consider where that emotion is present within the physical body. It might present itself as any number of sensations, including but not limited to:
  - Tightness
  - Contraction
  - Heat
  - Coldness
  - Pressure
  - Tingling
  - Throbbing
  - Twisting
  - Heaviness
  - Lightness
5. Observe this emotion by noting the sensation, or simply by silently whispering 'feeling'. Notice where the mind may intervene to tell you a story about this experience. When this happens, come back to the raw experience of the physical sensation.
6. Spend three to five minutes with the physical presentation of this emotion (or longer if this feels comfortable for you).
7. To come out of the practice, come back to the breath to ground yourself once again. When you are ready, gently open your eyes.

### NOTES:

Sometimes the emotion we experience may not be traceable in the body. In this case, keep your awareness open to the presence of numbness or to the sheer lack of physical sensation. Know that there is no right or wrong way to experience your body and its emotions.

If focusing on the physical sensation is unsettling for you, remember that you can always come back to the breath to anchor yourself. However, if it feels safe to stay present with it, explore what it is like to experience this physical sensation. Note the way the sensation shifts overtime as you remain attuned to it.

# Letting Go

## 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
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Letting go is a practice of softly surrendering what no longer serves us. It invites us to melt into this present moment by easing the body and softening the mind.

Whether what we yearn to let go of is physical tension or some inner whisper, we can practice letting go by coming back to the body and by consciously inviting a gentle relaxation to wash through us.

There are many different ways to explore this notion of release. The following practice is a basic body scan that incorporates our intention to let go of what no longer serves our wellbeing. Explore it with curiosity, openness, patience, and compassion.

### **PRACTICE:**

1. Come to a comfortable lying down position, resting on your back with a straight spine. Your arms and legs can rest comfortable on the surface supporting you. Take five to ten grounding breaths and then draw your attention to the crown of the head.
2. As you slowly begin to scan your body from head to toe, notice any areas of tension you come across (thoughts included). Whenever you come across some type of tension, take a few deep breaths into this area (or into this thought). As you inhale, silently whisper: I see you. As you exhale, silently whisper: I am softening.

# Letting Go

## Mindfulness Worksheet

3. Continue this witnessing and mindful breathing as you whisper:

*I see you... I am softening.*

*I see you... I am softening.*

4. In place of 'I am softening,' you might also whisper 'I surrender you.' Choose whichever affirmation resonates with you the most or create your own.

5. After finishing your scan through the entire body, hold your entire being in your full awareness as you ground through the breath for another few minutes. If any other thoughts or feelings arise that yearn to be let go, repeat the same affirmations alongside each breath.

6. When your practice feels complete for the time being, ground yourself through the physical body as it meets the surface beneath you. Open your eyes when you feel ready to.

### NOTES:

Letting go is not something we accomplish just because we've told ourselves we want to release something. It is a process that takes varying amounts of time depending upon what we want to let go of and upon other factors. In cases of trauma, working with a mental health professional is advised. Also, this is not a practice that replaces whatever steps we might need to take to effectively manage serious health concerns. For instance, if unusual pain is present, consult your healthcare provider.

Additional practices that may also facilitate the process of letting go include progressive muscle relaxation, mindful journaling, diaphragmatic breathing, and visualization.

# Loving-Kindness Affirmations

## 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
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When we are experiencing any kind of difficulty, it might not be our first thought to turn towards an attitude of loving-kindness.

Quite often when we are upset with ourselves, with another, or with the world at large, kindness and compassion is the last thing we want to consider.

Yet while loving-kindness might not be our first inclination, consciously turning towards its energy with openness and care often turns out to be a deeply settling and restorative practice.

The Buddhist practice of loving-kindness is one of compassion, helping us to approach our hurts and our pain from a place of warmth, care, and unconditional acceptance.

A traditional loving-kindness practice begins with an expression of self-compassion.

Cultivating that tenderness towards ourselves helps us to then offer this loving energy to others that come into our awareness.

The following practice highlights various loving-kindness affirmations you might explore depending upon what you are experiencing at present.

# Loving-Kindness Affirmations

## Mindfulness Worksheet

### **PRACTICE:**

#### 1. Forgiveness Affirmations

Each one of us has been on both the giving and the receiving side of hurt, whether consciously or unconsciously. This human experience can be tricky, and so often we hurt others without realizing it. Forgiveness, therefore, is a powerful practice that can help to free us from the hurt we've experienced and also from the hurt we may have unknowingly caused.

In a safe and quiet space, repeat each of the following affirmations slowly (either silently or out-loud), moving through this list at least three times before moving on.

*May I forgive the hurt I have caused others.*  
*May I forgive the hurt that others have caused me.*  
*May I forgive and be forgiven*

#### 2. Self-Love Affirmations

The traditional Metta meditation (or loving-kindness meditation) begins with expressions of self-care and compassion. To harness the power of these affirmations, find a comfortable and quiet space where you can silently repeat this group of statements at least three times.

*May I be loved.*  
*May I be safe.*  
*May I be happy.*  
*May I be at peace.*

#### 3. Compassion Affirmations

After grounding yourself in self-compassion, try offer loving-kindness to others through the same type of mental repetition. As you move through each of the following categories, consider one person who fits the description. Repeat the loving-kindness phrases to the image of them in your mind. Close your eyes for this practice.

# Loving-Kindness Affirmations

## Mindfulness Worksheet

- Someone you love
- Someone to whom you feel neutral
- Someone who is a stranger to you
- Someone you have difficulties with
- All living beings

\*Note: Granting forgiveness to someone we have difficulties with does not mean that we continue to stay in relationship with this person. We may or we may not. Particularly in cases of abuse, forgiveness does not come above measures to take care of ourselves.

Use the same affirmations as you used before but this time extend them outwards:

*May you be loved.*

*May you be safe.*

*May you be happy.*

*May you be at peace.*

### REFLECTION QUESTIONS:

1. How did it feel to grant forgiveness to the hurt you've both caused (even if inadvertently) and experienced?

# Loving-Kindness Affirmations

## Mindfulness Worksheet

2. How did it feel to offer yourself words of self-compassion?



3. How did it feel to offer self-compassion outwards? To your loved ones? To strangers? To those with whom you have challenges?



# Three Good Things Exercise

## Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

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
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### **PURPOSE / EFFECTS**

The Three Good Things exercise is intended to increase happiness and a sense of wellbeing.

It does this by a simple method of redirecting attention towards positive thoughts and away from negative thoughts. Human beings have evolved to spend much more time thinking about negative experiences than positive ones.

We spend a lot of time thinking about what has gone wrong and how to fix it, or how to do it differently next time. In the past there may have been an evolutionary advantage to this way of thinking, since it seems to be innate. However, for modern humans this negative bias is the source of a lot of anxiety, depression, and general lack of wellbeing.

Luckily, by redirecting our thoughts on purpose towards positive events, we can do a lot to correct this negative bias.

In the video, Martin Seligman describes the purpose and effects of this exercise. Here he uses the alternate name, the “Three Blessings.”

# Three Good Things Exercise

## Mindfulness Worksheet

### METHOD

#### *Summary*

#### **Each night before you go to sleep:**

1. Think of three good things that happened today.
2. Write them down.
3. Reflect on why they happened.

#### *Long Version*

#### **This exercise is to be done each night before going to sleep.**

#### **STEP 1:**

Think about anything good that happened to you today. It can be anything at all that seems positive to you. It need not be anything big or important. For example, you might recall the fact that you enjoyed the oatmeal you had for breakfast.

On the other hand, you might also recall that your child took its first step today. Anything from the most mundane to the most exalted works, as long as it seems to you like a good, positive, happy thing.

#### **STEP 2:**

Write down these three positive things.

#### **STEP 3:**

Reflect on why each good thing happened. Determining the “why” of the event is the most important part of the exercise. For example, you might say that your oatmeal tasted really good this morning because your partner took the time to go shopping at the local farmer’s market, where they have fresh, organic oatmeal.

Or you might say that your child took its first step today because God was pouring blessings down upon your family, or because it really wanted to get to some cookies on the table. You get to decide reasons for each event that make sense to you.

# Three Good Things Exercise

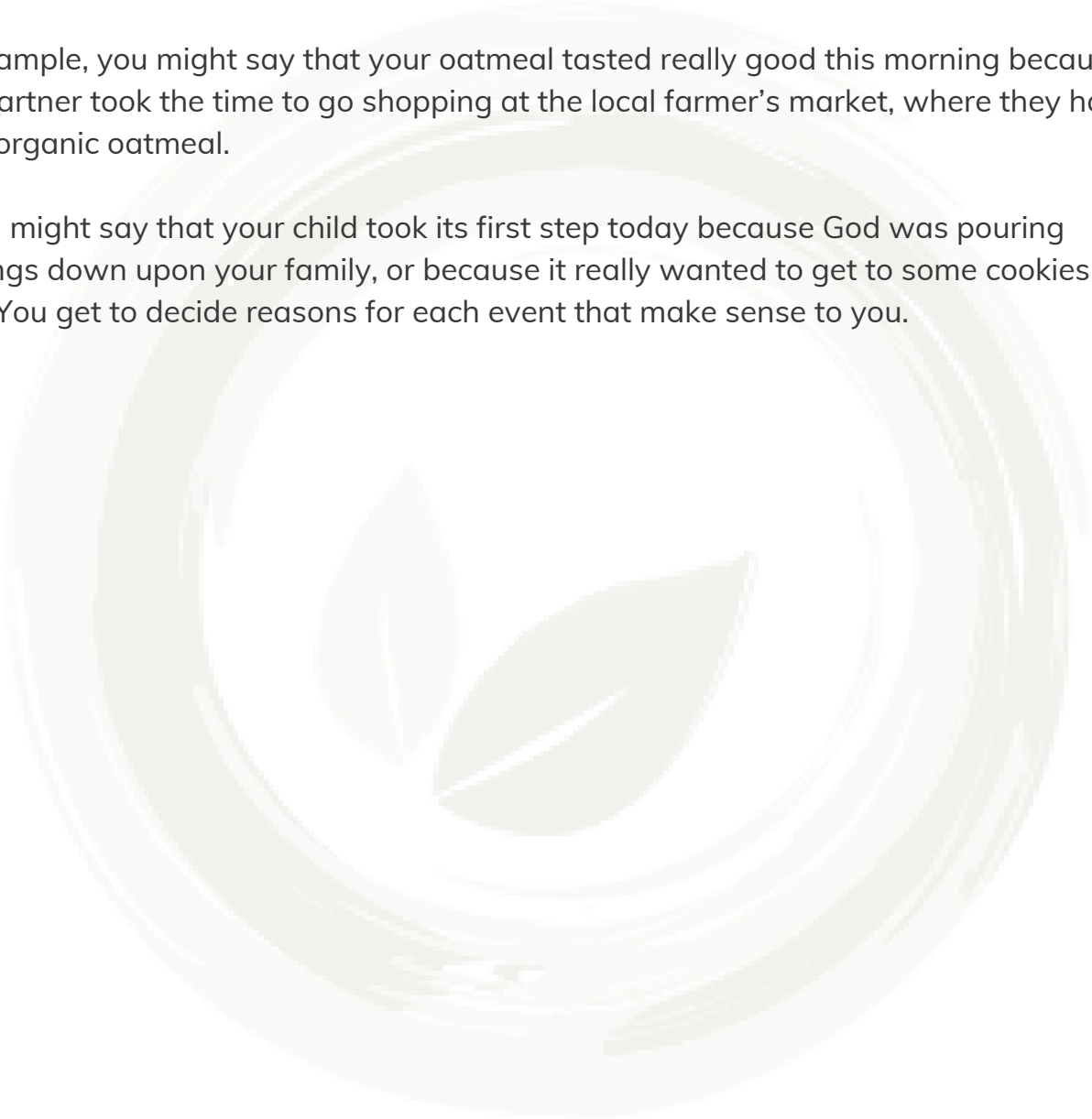
## Mindfulness Worksheet

### ■ HISTORY

Reflect on why each good thing happened. Determining the “why” of the event is the most important part of the exercise.

For example, you might say that your oatmeal tasted really good this morning because your partner took the time to go shopping at the local farmer’s market, where they have fresh, organic oatmeal.

Or you might say that your child took its first step today because God was pouring blessings down upon your family, or because it really wanted to get to some cookies on the table. You get to decide reasons for each event that make sense to you.



# Witnessing Your Thoughts

## 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
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How often do we stop to curiously witness the nature of our thoughts as if we were an outside observer of them? When caught in a less-than mindful state, our thoughts tend to take over our identity, defining who we believe ourselves to be and directing our perception of the world.

However, as we practice witnessing our thoughts from a place of slight separation, we get to know them in a different way. We start to uncover patterns and habits in our thinking, which naturally helps us to learn, grow, and evolve in nourishing ways.

### **PRACTICE:**

1. Begin by coming into a seated position. Whether on the floor or in a chair, ensure that the spine is straight and the shoulders are relaxed. Set a timer for five to ten minutes.
2. Take five full breaths to ground yourself. Notice the sensations associated with each inhalation and each exhalation.
3. After those five breaths, continue to breathe naturally but see if you might broaden your awareness. Pay particular attention to what rises in the mind.

# Witnessing Your Thoughts

## Mindfulness Worksheet

4. As thoughts come up, notice them without becoming involved in the direction they are heading it. Without judging, suppressing, denying, or becoming enamoured by your thoughts, watch what moves through you as if you were an elder watching the movements of the community. Notice what rises and subsides in your awareness.
5. As you watch your thoughts pass by, embracing compassion and curiosity as you get to know your experience in a new way. Observe the emotions and beliefs your inner dialogue triggers, as well as what the imagery looks like. If emotions are present, notice where they present themselves in the physical body.
6. It is quite likely that the mind will entrance you with its images and/or its words. When this happens – even if you realize you have been ‘lost in thought’ for a couple of minutes – compassionately come back to the silence within. Make note of what arises next.
7. Continue until the alarm rings. Come back to your breath and when you are ready, open your eyes.

### NOTES:

Be patient with yourself as you practice this. This is a form of silent meditation, which can take quite a bit of time to sink into. Even if during your first, second, or hundredth session has you lost in thought, harness patience, compassion, and curiosity for your experience.

You might liken the quiet space within yourself to be the clear blue sky – and your thoughts to be the clouds that pass by. This metaphor might help you to remain unattached to the mental movements that arise. Watch from the point of view of the open sky.

You might also use a grounding phrase like ‘coming back’ to denote the return to presence. Any other mantras that are helpful for you can be used in conjunction with this practice.