

Evaluating How Wisely You Spend Your Time

Mindfulness Worksheet

Date / Time:

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

Thoughts? Heart? Body? None

To begin this Meditation on Evaluating How Wisely You Spend Your Time, 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



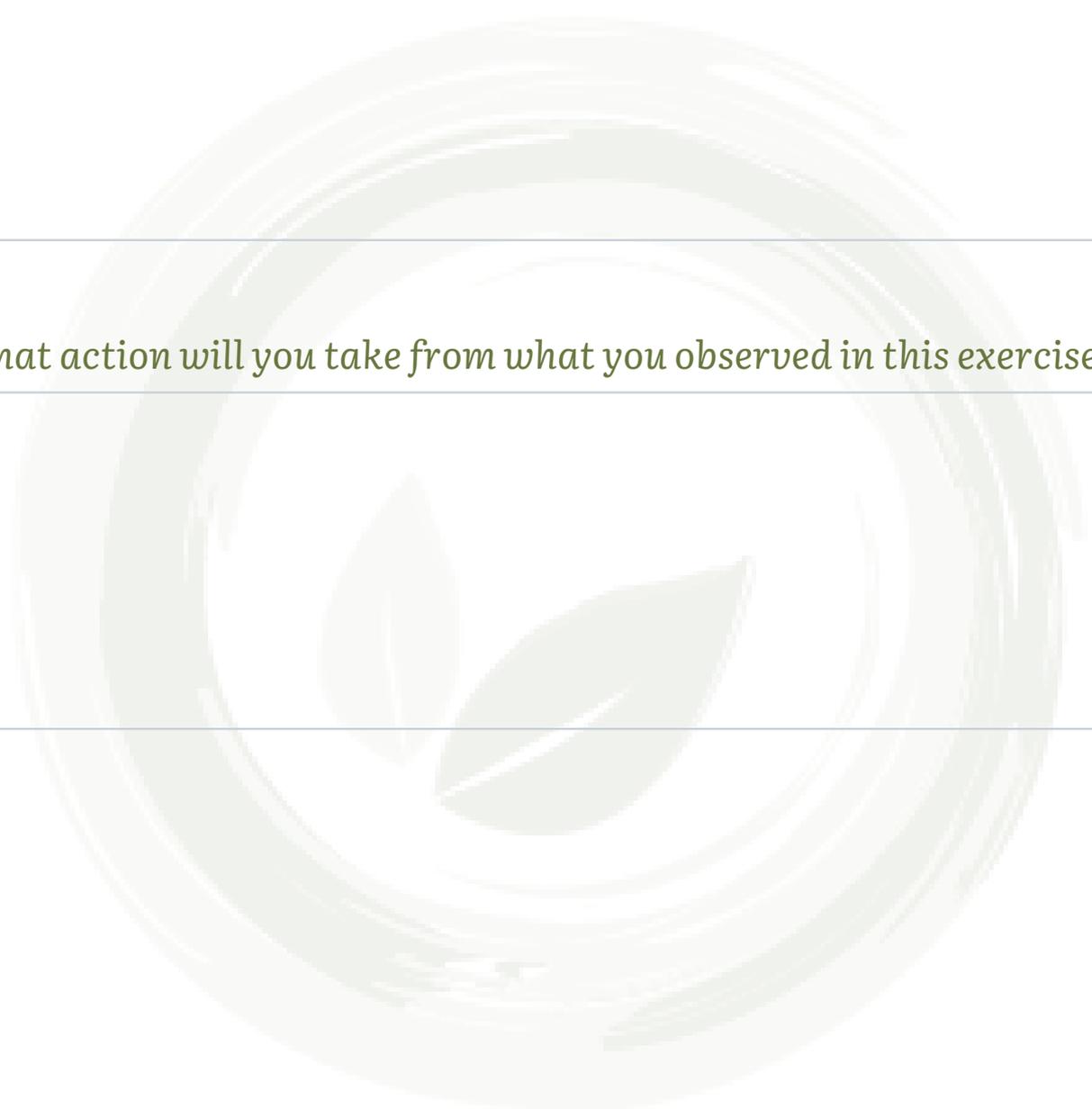
1. *What did you actually spend your time on today at work?*

2. *Is this how you planned to spend your time?*

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3. If yes, was your plan correct? If no, how do you account for this?



4. What action will you take from what you observed in this exercise?

Thank you for your mindfulness practice.