

Building a Network of Support

Mindfulness Worksheet

Date / Time:

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

☐

Thoughts?

☐

Heart?

☐

Body?

☐

None

To begin this Meditation on Building a Network of Support, 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



PART 1

List the names of people in each category below. Then take the appropriate action to expand/extend your network of support.

1. Your peers

2. Your boss

3. Your boss's boss

4. Your three top internal customers

5. Your three top external customers

6. Your subordinates

7. Your executive managing your part of the company

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8. Your CEO

9. The chairman and two other board members

10. The person holding the job you want next

Additional People

Your counterparts in other parts of the company

Experts in the political environment of the company

The people you admire at work

The people making decisions about your career

Questions

1. What concerns or *breakdowns* can I alleviate for this person?

2. What information, support or guidance can I offer to this person?

3. In what other ways can I support this person?

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PART 2

Make a list of people at work who can be part of your network of support. Use the questions that follow to prompt your thinking. Keep your eyes open for new people to include.

1. What concerns/breakdowns do I currently have that someone can support me in?

2. What concerns/breakdowns do I anticipate having that someone can support me in?

3. What input, information or guidance would make my current work easier? My future clearer?

4. Whose actions don't I understand? Who could shed light on them for me?

5. What future decision/policy would I like to know about in advance? Who could help me with this?

Thank you for your mindfulness practice.