

Defining Your Meaning of Success

Mindfulness Worksheet

Date / Time:

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

Thoughts? Heart? Body? None

To begin this Meditation on Defining Your Meaning of Success, 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



Write the stories of the 5 biggest successes in your life. Keep re-writing and editing them until you are satisfied. Then, for each story, please write out your answers to the following questions:

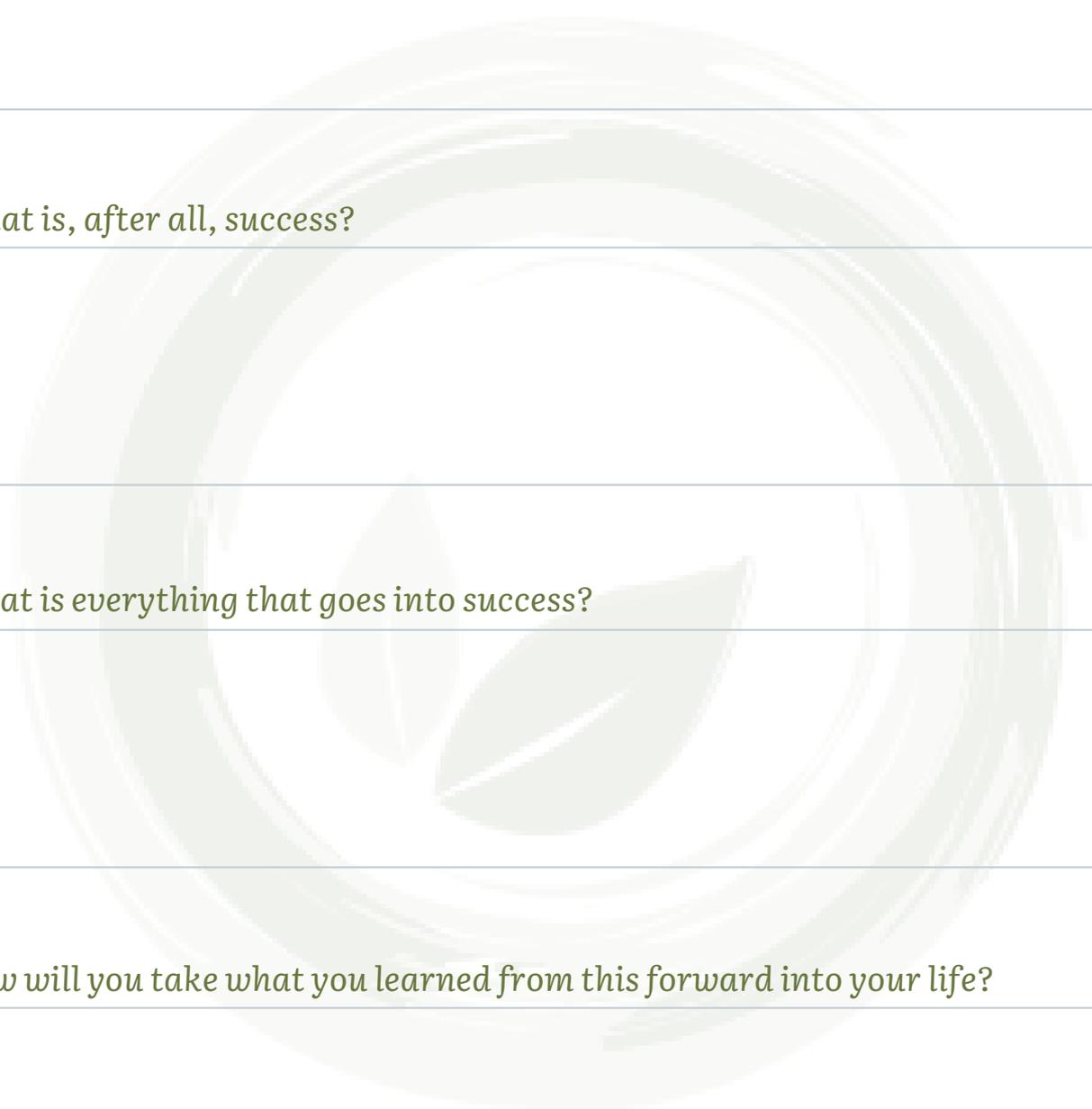
1. *Why do I call this a success?*

2. *What quality of mine allowed this to be a success?*

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3. What contribution from others allowed this to be a success?



4. What is, after all, success?

5. What is everything that goes into success?

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

Thank you for your mindfulness practice.