

How to Stick to a Plan

Mindfulness Worksheet

Date / Time:

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

Thoughts? Heart? Body? None

To begin this Meditation on Sticking to a Plan, 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



Overview

Every week, list what you will have achieved by week's end by consulting the domains of concern list.

DOMAINS OF CONCERN

- health/body
- finance
- relaxation/leisure
- work/current projects
- marketing
- reading/study/education
- maintenance
- diet
- household work
- community
- car, clothing
- family
- equipment, money
- friends
- others you specify:

DAILY SCHEDULING

1. Use a blank form for listing activities and appointments.
2. List actions to complete weekly accomplishments.
3. Be sure to assign times to all activities.
4. Check-off or line-through items when completed.
5. Add items as necessary throughout the day.

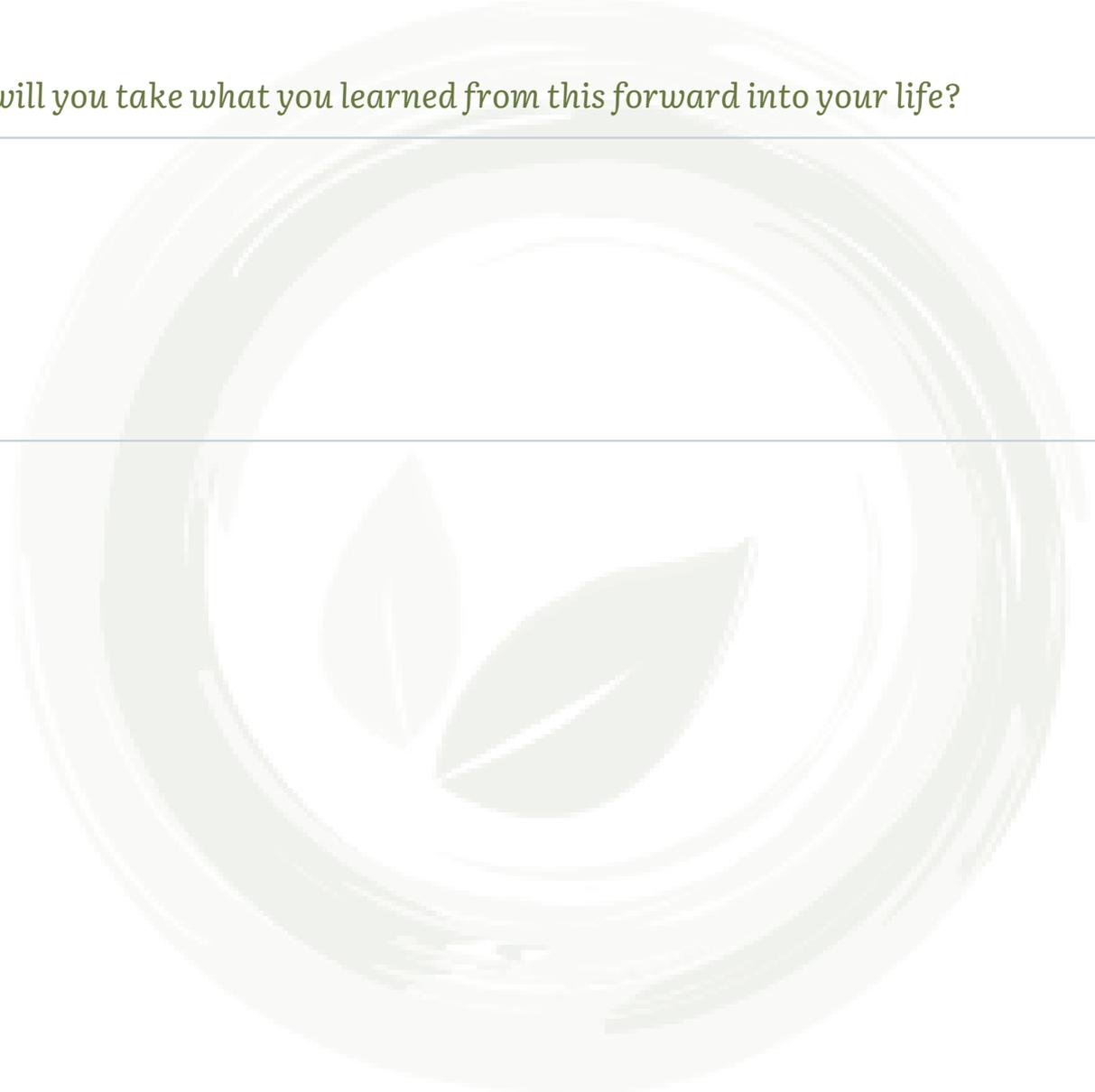
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DEBRIEFING

Transfer items to future as necessary. After transferring any item three times, drop it from your activities unless it is of vital importance. If vital, ask for support in completing the item.

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



Thank you for your mindfulness practice.