

Six Questions for Greater Accomplishment

Mindfulness Worksheet

Date / Time:

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

Thoughts? Heart? Body? None

To begin this Greater Accomplishment 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



DAILY

1. What is disturbing you today?

2. What new possibility can you open today?

3. What relationship can you deepen/strengthen today?

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4. How can you nurture yourself today?

WEEKLY

Please take 20-30 minutes each week and address the following questions:

1. What can you complete in the coming week?

2. What is your attention on this week?

Thank you for your mindfulness practice.