

Facilitating Your Learning

Mindfulness Worksheet

Date / Time:

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

Thoughts? Heart? Body? None

To begin this Meditation on Facilitating Your Learning, 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 situation facilitated your learning today?*

2. *What impeded your learning today?*

3. *What is the foundation of your world today?*

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

WEEKLY

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

1. What new actions did you take this week?

2. What new responsibilities did you take on this week?

3. What did you become more rigorous about this week?

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

Thank you for your mindfulness practice.