

Discovering the Concerns of Your Team

Mindfulness Worksheet

Date / Time:

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

Thoughts? Heart? Body? None

To begin this Meditation on Discovering the Concerns of Your Team, 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



For each of the people listed below, answer the following questions. Do research to find the answers; don't merely speculate on your own. Remember that the answers will keep changing. You will provide baseline information for yourself by doing the exercise.

Additionally, you will begin to strengthen your ability to think and observe in bigger contexts.

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

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7. Your executive managing your part of the company

8. Your CEO

9. The chairman and two other board members

10. The person holding the job you want next

Questions

1. What are the three top business concerns of this person?

2. What is the career path of this person (past and future)?

3. What does this person value in a business associate?

4. What is this person's business agenda for the next six months, twelve months, two years, five years, ten years?

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5. What is this person's style — of working, of leadership, of communicating

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

Thank you for your mindfulness practice.