

Acts of Kindness

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

☐

Environment

To begin this 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



Small acts of kindness are a gift not just to the receiver but also to the benefactor. A benefactor, though commonly considered to be someone who gives money, is actually just someone who helps – someone who gifts their time, love, support, or any other positive energy to others. This practice is a written exercise that helps us to connect with the feeling of being a benefactor. Every one of us has something to give and this exercise will help us to consider what sorts of things we might offer.

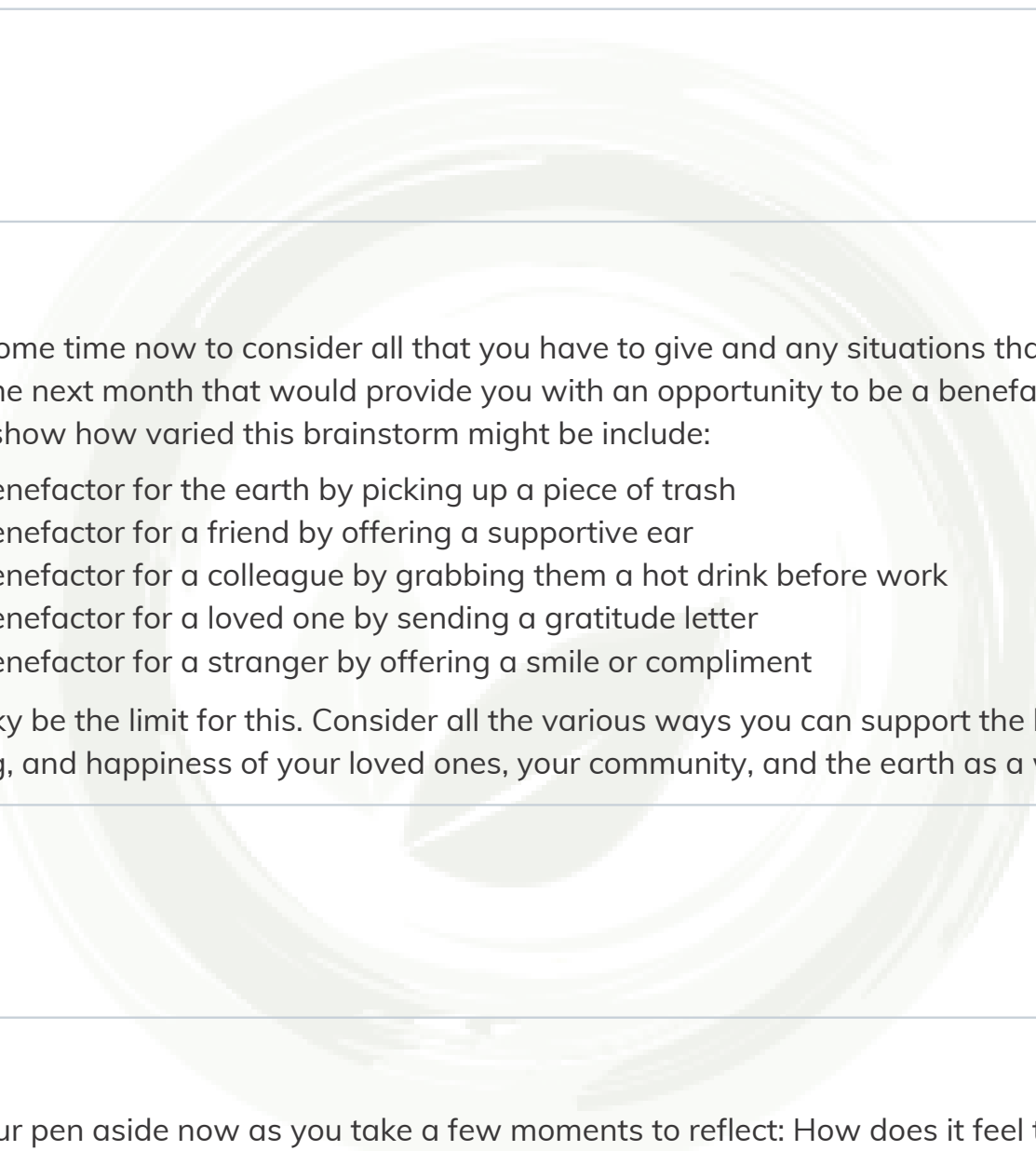
PRACTICE:

1. Take a few minutes to first consider a time when someone did something nice for you. Whether the act of kindness was large or small, make a note of this person's name and what they did. Note that you might also consider writing down the name of someone you don't know personally, such as a spiritual teacher or author. Also write down how this person's contributions supported you (or continue to support you).

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2. Now consider a time when you were the benefactor – a time when you gave to someone in some way. It doesn't matter how large or small your gift was or what form it took. Simply take a moment to consider a time when you offered someone support in any shape or form. Write down what happened and note how it made you feel.



3. Take some time now to consider all that you have to give and any situations that could arise in the next month that would provide you with an opportunity to be a benefactor. Ideas to show how varied this brainstorm might be include:

- Benefactor for the earth by picking up a piece of trash
- Benefactor for a friend by offering a supportive ear
- Benefactor for a colleague by grabbing them a hot drink before work
- Benefactor for a loved one by sending a gratitude letter
- Benefactor for a stranger by offering a smile or compliment

Let the sky be the limit for this. Consider all the various ways you can support the health, wellbeing, and happiness of your loved ones, your community, and the earth as a whole.

4. Put your pen aside now as you take a few moments to reflect: How does it feel to offer kindness and support to others? How might it reflect to you this shared humanity? How might it inspire your actions going forward?