

Acknowledging Success

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



Wholehearted acknowledgment of our successes is one way of enhancing our sense of wellbeing.

We might stop to honor the success of another, and yet pausing to witness and acknowledge our own success is something many of us are less likely to do.

Acknowledging success is an invitation to truly embrace who we are and what we have accomplished and to revel in the experience of it.

We can practice acknowledging and feeling into the success we experienced in the past, that which we are experiencing now, as well as what we anticipate will happen in the future.

Each requires a slightly different practice, but all come back to the same fundamental things – presence, witnessing, and appreciation.

These three exercises invite you to take a closer look at what you have succeeded at – or what you envision you will succeed at. Take your time to explore them.

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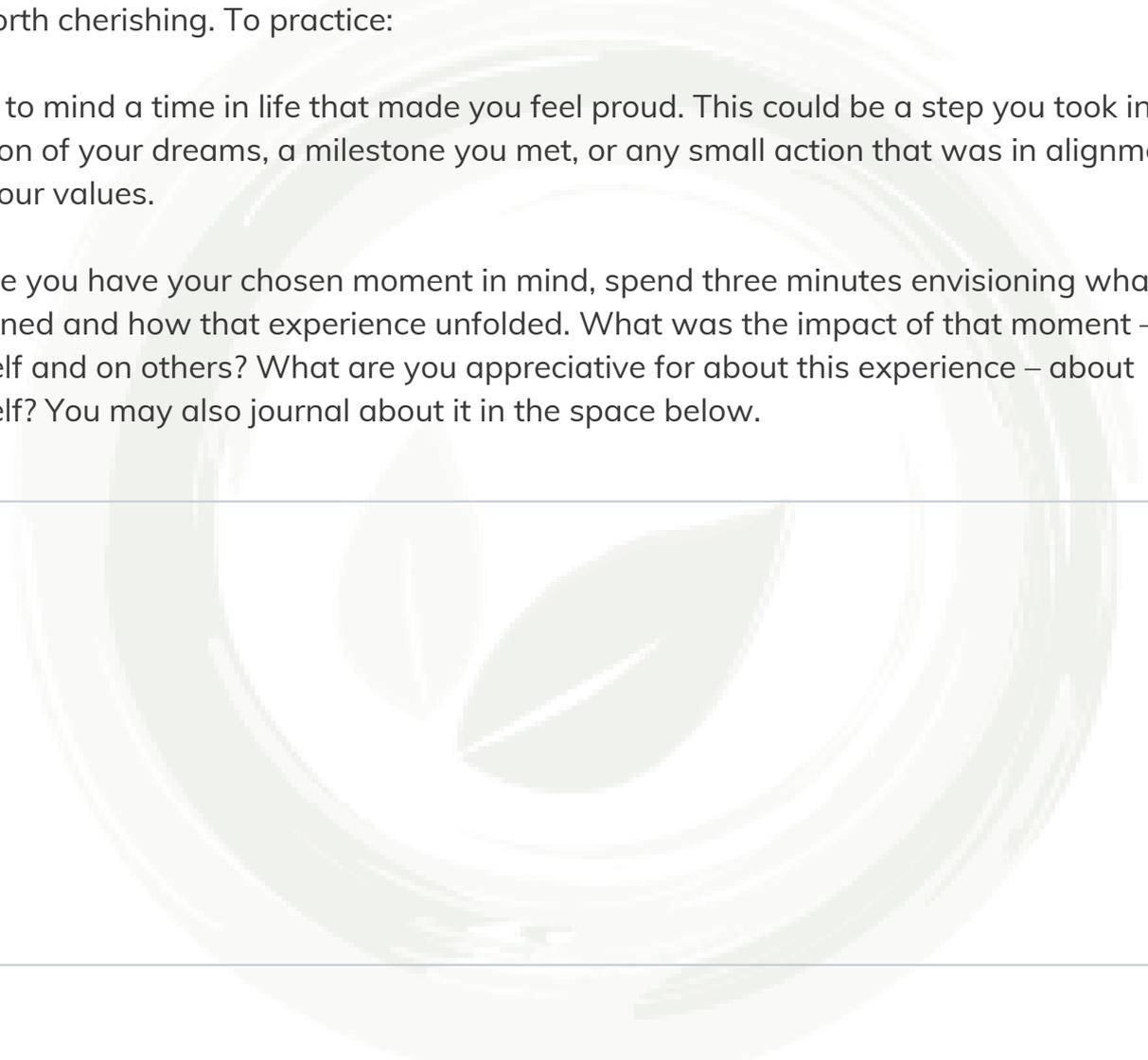
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EXERCISE:

1. *Honoring the Past*

It is easy to become so caught up in what we still wish to accomplish that we forget to honor what we have succeeded at in the past. Whether large or small, our past successes are worth cherishing. To practice:

- a. Call to mind a time in life that made you feel proud. This could be a step you took in the direction of your dreams, a milestone you met, or any small action that was in alignment with your values.
- b. Once you have your chosen moment in mind, spend three minutes envisioning what happened and how that experience unfolded. What was the impact of that moment – on yourself and on others? What are you appreciative for about this experience – about yourself? You may also journal about it in the space below.



2. *Savoring the Present*

The present moment also holds many opportunities to revel in our success. Some of these successes might be conscious (such as choosing to see the silver lining of a painful situation) and some might be unconscious (such as being an embodied expression of health). Savoring success in the present moment has much to do with gratitude; it is about acknowledging all that is well in this moment. To practice:

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a. Take a moment to find a quiet space where you can sit comfortably for the next ten minutes or so. Take a few deep breaths to settle in.

b. Now begin calling to mind all that is going well in this moment, including all that is in your conscious control and all that is not. Consider everything you have to be grateful for. Some of the things you might note include:

- The natural, effortless flow of the breath
- The health and vitality of the physical body
- Your mindful presence and attention to this moment
- The mobility of your body
- The miraculous functioning of your senses
- The safety of the space that holds you
- The blessing of all the comforts of this moment
- The virtues you can sense are present within you (i.e. patience, compassion, consideration, wisdom, etc.)

c. Spend five to ten minutes reflecting in this way. If it helps to write it all down, use the space below to hold your thoughts.



3. Embracing the Future

We can further open ourselves up to success in the future (whatever that means to us) by envisioning it, believing in it, and embracing it. Future success could take the form of many things, including but not limited to:

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- Taking a small step towards completing your passion project
- Completing the passion project
- Enjoying a simple, nourishing meal with loved ones
- Escaping into nature for a week
- Reaching a goal or milestone

Envisioning our future success is not about unconsciously avoiding the present moment. When explored in balance with present-moment appreciation, it can help guide us forward in inspired ways. To practice:

- Consider a future event that you would love to experience – something that would feel like a success to you. When you have something in mind, close your eyes and begin to envision what this would look and feel like.
- Consider: How do my senses engage with this future? How does my body feel? How does my heart feel?
- Spend about five minutes visualizing. When you feel you are finished, slowly draw your attention to your breath to ground yourself in this moment. Even if the visualization is now over, see if you can continue to harness the feelings it created in you.
- As you slowly open your eyes, end this practice with present-moment awareness and appreciation. It is wonderful to envision a beautiful future, but it is important to ground ourselves in what we already have.
- If you'd like, you can journal about this visualization in the space below.

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4. Final Reflections

Reflect upon how you experienced these exercises. What helped you to feel happy, inspired, and empowered? How might you turn your favorite parts of this activity into a routine practice?

