

First Responder

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



First responders are those who actively address emergencies in society; they are the ones first on the scene. However, we might broaden the understanding of this term to consider ways in which we are all first responders.

As our collective community is undergoing huge changes and a growing need for consciousness to evolve, we are all invited to play a role as a first responder to the various challenges we face.

This short exercise invites you to consider your role in responding to the issues we face as a collective. You might play numerous roles in this evolution of consciousness, so do not limit yourself to just one if you feel called to affirm numerous roles you hold.

“Each one of us matters, has a role to play, and makes a difference. Each one of us must take responsibility for our own lives, and above all, show respect and love for living things around us, especially each other.”

~ Jane Goodall

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PRACTICE:

Read through the following statements, adding as many of your own in the empty spaces at the end of the list.

- I am a first responder through my work as an organic farmer.
- I am a first responder through my work as a loving mother.
- I am a first responder through my work as a yoga teacher.
- I am a first responder through my work as a holistic therapist.
- I am a first responder through my work as a helper for elders.
- I am a first responder through my work as a paramedic.
- I am a first responder through my work as a supportive friend.
- I am a first responder through my work as a dedicated meditator.
- I am a first responder through my work as _____.
- I am a first responder through my work as _____.
- I am a first responder through my work as _____.

In the space below, feel free to elaborate on your roles in society, whether these are formal or informal. Sometimes, we cannot summarize our role in a single word. Consider all the ways you contribute to this great collective, reaffirming your place within it all.