

Meeting Mindfulness With 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



Each of us has an inner critic that lives somewhere within the analytical mind. There are numerous times in life when this critic appears, one of which is during mindfulness practice.

Since most of us hold preconceived ideas about what a 'good' meditation practice is supposed to look like, the critic is quick to point out when we're not 'doing it right'. However, mindfulness is not about perfection. Instead, it is about coming back, again and again, to what is right here – with kindness, patience, and compassion.

The simple practice outlined below is a reminder to maintain self-directed kindness when the mind wanders during meditation – when we fear we're not 'doing it right'.

PRACTICE:

1. Set a timer for 10 minutes. This will give the mind long enough time to wander during your quiet practice.
2. Come to a comfortable seated position, closing your eyes and turning towards the breath to begin your meditation. Let the breath be your anchor during this practice. Follow it until the timer rings.

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3. During this time, the mind will undoubtedly pull your attention away from the breath – even if only for a moment. Regardless of how long the mind ends up wandering, let a warm smile spread across your face as you come back to the breath each time you notice it has drifted off.
4. Soften the belly as your attention settles back on the breath, and then quietly repeat: *I am here. I am enough.*
5. Continue this every time you notice the mind has drifted off: warm smile, return of attention to the breath, affirmation '*I am here. I am enough*'.
6. Continue until the alarm goes off and, after it does, thank yourself for showing up for this practice exactly as you are.

REFLECTIONS:

1. How did it feel to warmly embrace yourself every time the mind wandered? Did it feel unusual, nourishing, difficult, or something else?

2. Where else might you use these affirmations in your life? Where else might you remind yourself, '*I am enough*'?