

The Alternative Way

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



Whether we are on our way to a meeting, picking up the kids after school, or tidying up the house, we often find that we move through these actions quickly and efficiently. This is not a 'wrong' way of doing things, but there is an alternative way we might consider: that is, the way of slowness, presence, and open awareness.

When we consider there is this alternative way of doing just about anything, we might invite a greater sense of presence and tenderness to our actions. This activity invites us to explore this way of being with a common daily task.

PRACTICES:

1. Choose an activity that you tend to do either quickly or without giving it too much attention. Examples of activities you might choose from include:

- Walking to the grocery store
- Doing the dishes, laundry, or tidying up
- Taking the dogs for a walk
- Preparing for an exam
- Packing your briefcase or backpack
- Preparing dinner
- Sweeping, mopping, or vacuuming

Write down your chosen activity here:

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2. Take five to fifteen minutes now to explore this practice 'the alternative way'. This means to engage in the activity with complete openness to the sensory experience it creates. For example, if you are packing a backpack for the day, this would include observations like:

- The feel of your sweater against your fingertips as you slowly fold it and place it inside the bag
- The sound created as you slide your laptop along the backside of the bag
- The sensations of movement as you wander your home collecting items to place inside
- The sound of each zip as you open and close various compartments

These are just examples. Your own experience would be completely unique to your situation. Let your senses be completely open to every movement you make to complete the activity you've chosen.

3. When you have finished, take a few moments to reflect upon and answer the following questions:

How did it feel to slow down and open your awareness to each movement and sensation of this experience?

What other activities might you explore in this way? Where do you tend to rush where you might explore slow, open movement and presence?