

Dressing for the Weather

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



The forecast of our inner world is much like that of external weather systems: constantly changing. As we move through life, storms come our way as do clear days where the world feels bright.

When we know that it's raining out and need to go out anyways, we know dress for the weather to keep ourselves warm and safe. But we might ask ourselves: do we exhibit the same level of care and consideration when the weather systems within us are stormy?

This exercise is a practice that will help us to liken our inner moods and emotions to the weather that flows around us. It will help us to mindfully prepare for days when we are experiencing some kind of inner upset.

EXERCISE:

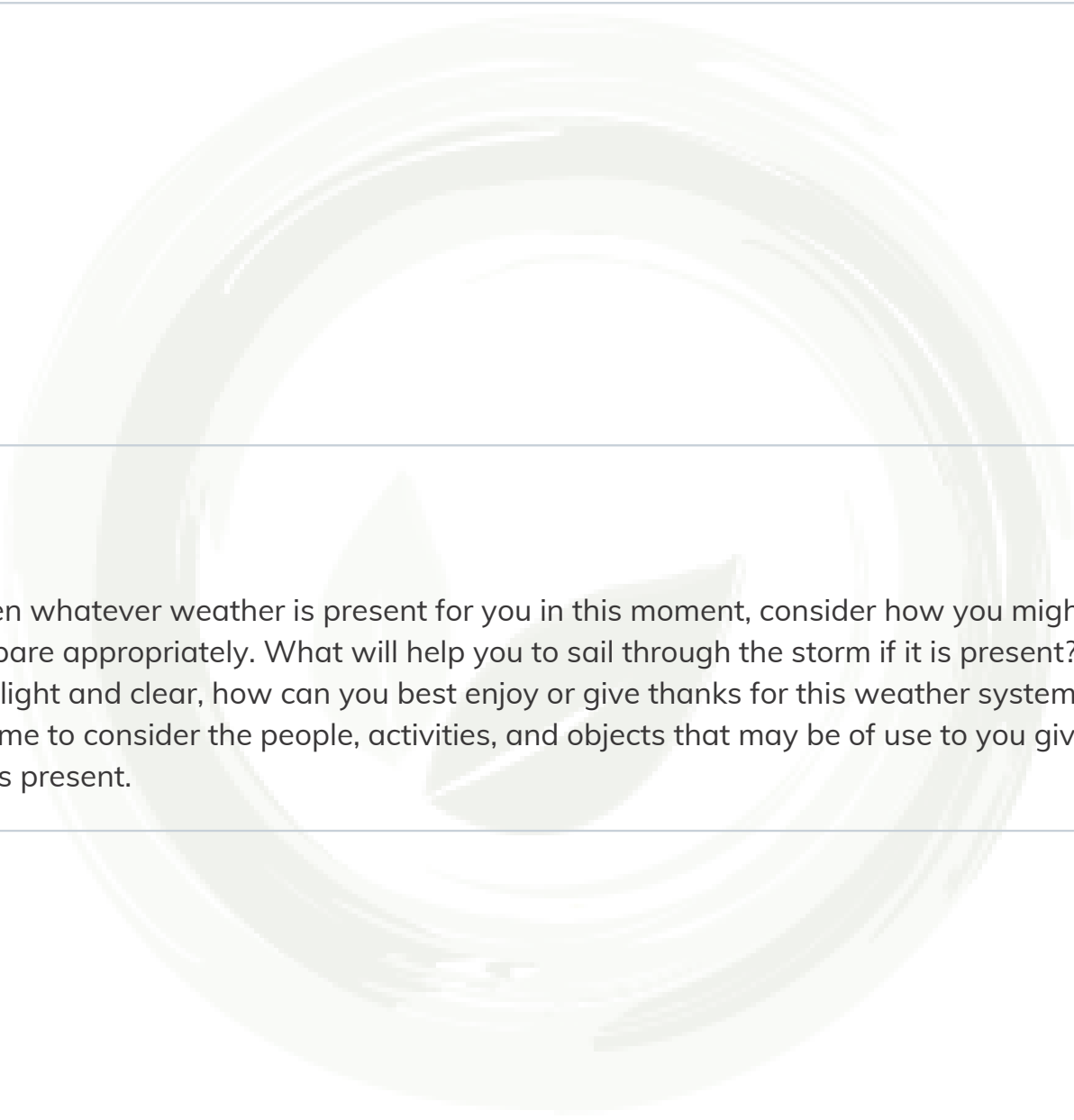
1. Take a moment to assess the weather within you right now. Describe what the sky is like, what elements are present, and how intense or moderate these elements are. You might consider the following words in your description:

- Bright, clear, sunny, quiet, calm, shifting, windy, steady, brisk, warm, hot, cold, freezing, heavy, light, stormy, rainy, downpour, drizzle, tornado, hurricane, drought, flood, thunder, lightning, clearing, cloudy, foggy, strong, subtle, slow, fast, etc.

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Write your description as if you are an outside observer of this weather system within. Describe it as it is without becoming attached to the outcome; you are a weather reporter and so you know that the weather always changes.



2. Given whatever weather is present for you in this moment, consider how you might dress or prepare appropriately. What will help you to sail through the storm if it is present? If the day is light and clear, how can you best enjoy or give thanks for this weather system? Take your time to consider the people, activities, and objects that may be of use to you given what is present.

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3. Consider another weather system that may come through you from time to time. What adjectives would you use to describe it? And, how might you prepare for it or mindfully manage it when it arrives?

