

Favorite Things

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



We all have certain 'favorite things' in life that help us to feel calm, peaceful, happy, and inspired. These things take all sorts of shapes and forms, which can include our favorite tea, a staple ingredient in the pantry, or a person who always knows just what to say when we are feeling down.

Consciously connecting with our favorite things (as we will explore in this practice) is a way of reminding ourselves of the sorts of people, items, or activities we might turn to when we are feeling less than content or inspired. Note that the word 'things' does not have to represent a tangible object; it can include activities and practices that we can give a name to, as well as people.

This exercise can be completed at any time – regardless of how we are feeling – and turned to for reference when we are feeling less than our best.

PRACTICE:

1. From the list below, check off all the categories in which you can think of one, two, or a few items or practices that constitute a 'favorite thing' for you. You do not need to overthink it; simply note which of these categories speaks to you.

Favorite Things

Mindfulness Worksheet

- | | | |
|---|--|--|
| <input type="checkbox"/> Physical activity | <input type="checkbox"/> Hobbies, activities | <input type="checkbox"/> TV show, online program |
| <input type="checkbox"/> Healthy food or meal | <input type="checkbox"/> Spiritual practice | <input type="checkbox"/> Outdoor space |
| <input type="checkbox"/> Person, known | <input type="checkbox"/> Reflection practice | <input type="checkbox"/> Piece of clothing |
| <input type="checkbox"/> Songs, music | <input type="checkbox"/> Creative activity | <input type="checkbox"/> Inspiring figure, unknown |
| <input type="checkbox"/> Place, in your home | <input type="checkbox"/> Piece of artwork | <input type="checkbox"/> Sacred object |
| <input type="checkbox"/> Place, near | <input type="checkbox"/> Book | <input type="checkbox"/> Subject, topic to learn more about |
| <input type="checkbox"/> Place, far | <input type="checkbox"/> Sight, image | <input type="checkbox"/> Living being, non-human (i.e. plant, pet) |
| <input type="checkbox"/> Colors | <input type="checkbox"/> Teacher, mentor | |
| <input type="checkbox"/> Scents, aromas | <input type="checkbox"/> Affirmation | |

2. In the space below, right down the names of the favorite things that fall into each of your chosen categories. Consider any items or practices that do not fall neatly into any of the above categories. Take your time to create this list.

3. Throughout the course of the day (or over longer periods of time), be open to adding to or adjusting this list.

4. Keep this list on hand for days when you feel down, uninspired, or disconnected. You can use this list in a couple of ways:

- Where it is possible to access or use the items listed, let this list act as a reminder of activities you might partake, people you might talk to, or objects you might turn to in order to feel lighter and happier.
- Where it is not possible to access certain items on the list, see if you might cultivate the image of this person, object, or activity in your mind. Is it possible to internally experience the joy this favorite thing provides, solely through thinking about it/them? Where you feel called to mentally 'be with' an item on your list that is far from you, explore this internally with patience, care, and compassion. Then, explore the items on your list you can access right now.