

Letting Go of Limiting Stories

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 stories we tell ourselves are often so subconscious that we aren't fully aware of how they influence our lives.

These narratives tell the story of the world according to our own perception of it – and quite often, they limit what is possible for us. What would it be like to soften or release some of these stories? What new possibilities would open up if we explored this?

This practice is an invitation to do just that. Note that as you go through this practice, you are in full control. There is nothing you need to release here. Instead, curiously and compassionately explore what within you is yearning to be let go – even if only just for this moment.

PRACTICE:

1. Take a moment to find a quiet place where you can sit comfortably for the next ten to fifteen minutes. Close your eyes and take five to ten mindful breaths.
2. Maintaining a sense of curiosity and compassion, consider:

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What stories do I hold about myself or about the world that limit my full potential for happiness?

3. Contemplate this question with openness for a minute or two, waiting to see what arises. If nothing comes up, consider:

How would I describe myself to another?

What do I believe about love, humanity, work, money, or any other facet of human life?

What do I label as 'good'? What do I label as 'bad'?

How has my personal history informed my view of the world?

4. Focus your compassionate attention on one story – on one limiting belief that you presently hold. What thoughts, emotions, or feelings are associated with this belief?

5. If it feels safe for you to explore this, consider where this belief may have come from. In cases of trauma or mental health issues, consult with a trained mental health professional.

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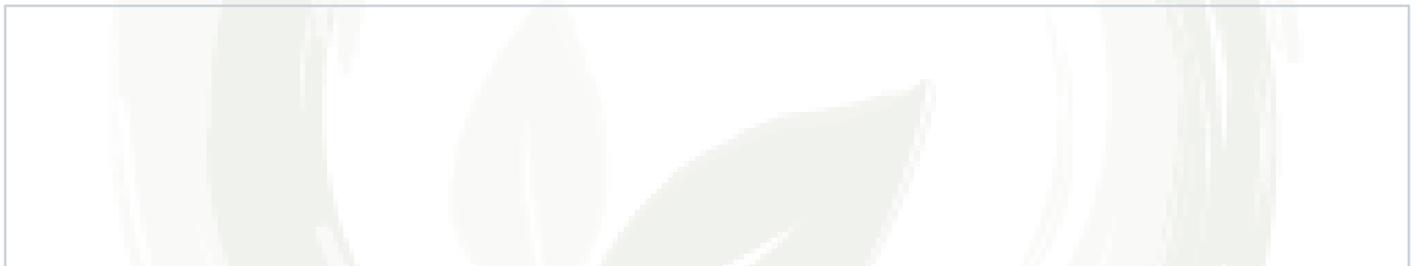
Mindfulness Worksheet

6. Consider if this belief is 100% true of life or of yourself? Then, ask yourself: *What might be possible if I was not attached to this story?*



7. Focus on your breath as you visualize this story leaving your body with each exhalation for one minute. Notice how the mind and body respond.

8. What positive, nourishing, or supportive belief might you invite into your heart and mind in place of the previous one? Repeat this belief to yourself a few times in silence.



9. Let all thoughts soften as you come back to the natural flow of your breath. When you are ready, gently open your eyes.

NOTE:

Letting go of limiting beliefs is not something we can typically accomplish in one sitting. It takes time (and usually a variety of techniques) to unravel the history that imbedded the belief to begin with. This practice is simply a way of illuminating any beliefs that hold us back from our full potential. It is also a tool for coming back to the openness and unlimited potential of the present moment when we set aside our stories. In cases of trauma or mental health issues, explore this with a well-trained professional.