

# Words for Mindfully Reconnecting

## 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



It is all too easy to become caught up in mental narratives that perpetuate a disconnection from the present moment. Phrases like, 'I wish this wasn't happening,' 'This feeling is wrong/bad,' or 'This/that is to blame' can prevent us from being truly in touch with the reality of the moment.

When stress, resistance, or fear arises, we might consider the use of particular words or phrases to help us mindfully reconnect with the present moment. This short exercise will help you to pinpoint the phrases and words that resonate most with you so that you can more readily come back to them when needed.

### EXERCISE:

1. Read through the following list and check all the words and phrases that resonate with you. Which of these might help you to anchor yourself in the present moment any time you find yourself feeling stressed, resistant, or anxious about your experience?

☐

Witnessing

☐

Hitting pause

☐

Easing the mind

☐

Back to the breath

☐

Watching the thought stream

☐

Making peace with the mind

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- |  |   |
|--|---|
| <input type="checkbox"/> Coming back to the body           | <input type="checkbox"/> Create distance/space    |
| <input type="checkbox"/> Curiosity                         | <input type="checkbox"/> Unconditional acceptance |
| <input type="checkbox"/> Being the sky/watching the clouds | <input type="checkbox"/> Present moment awareness |
| <input type="checkbox"/> Shifting focus/perspective        | <input type="checkbox"/> Non-judgment             |
| <input type="checkbox"/> Grounding                         | <input type="checkbox"/> Open awareness           |
| <input type="checkbox"/> Changing the narrative            | <input type="checkbox"/> Turning inwards          |
| <input type="checkbox"/> Riding the waves                  | <input type="checkbox"/> Quieting the mind        |
| <input type="checkbox"/> Be here now                       | <input type="checkbox"/> Softening                |
| <input type="checkbox"/> Letting go                        |   |

2. Are there any other mindful words or phrases that help you to reconnect to this moment?



3. What is one recurring situation in your life when one of these words or phrases might act as an anchor for you? Examples might include 'when the bus is late,' 'when I begin questioning my gifts,' 'when my husband/wife leaves dirty dishes in the sink.'

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4. How might you remind yourself to use these words in those moments they are needed? Can these words be woven into any other aspects of your life to help solidify their presence, such as during meditation, morning intention setting, or as a fridge note?

