

# Cultivating Childlike Wonder

## Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

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



Children are far much more attuned to their environment than most adults. They revel in the wonder of everything around them. By harnessing our own childlike capacity for presence and curiosity, our auto-pilot function shuts off and our attention to the environment around us is enhanced.

### **PRACTICE:**

You can practice cultivating these qualities of presence and curiosity by:

1. Take a moment to pause wherever you are – whether seated, standing, or lying down.
2. Close your eyes and invite your open and curious inner child to come to the surface.
3. When you open your eyes again, imagine as if you are experiencing everything around you for the first time. For a few minutes, scan your environment as you cherish:
  - a. The colors and textures of whatever surrounds you
  - b. Any aromas that fill the air
  - c. The feel of the earth, chair, bed, or other surface beneath you
  - d. Any movements, such as tree branches in the wind

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4. Hold your attention on one particular object of your awareness now – something that pleases your senses. Then consider:
- What about this brings you a sense of happiness, contentment, or peace?
  - What unique properties or characteristics does it have?
  - After focusing on it for one minute, note how the mind and body feel in this moment.
5. You can repeat this exercise in a variety of locations and at different points of the day. Furthermore, you can explore the notion of this practice as you move through your day-to-day activities. For instance, as you are folding laundry, can you turn your attention openheartedly to the look and feel of the textiles as they pass through your fingertips?
6. To deepen your sense of exploration, consider the following journal prompts.

### MINDFUL JOURNAL PROMPTS:

1. What was it like to pay full attention to a single pleasing object? How did both mind and body feel during this exercise?

2. What areas of your life do you grant this same level of focused attention to? What areas of your life would you like to grant this level of attention to?

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3. How could this practice be applied to the inner world? For instance, could the same curious attention be granted to a thought, feeling, or emotion?

