

Identifying Strengths

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



When it comes to acknowledging strength, it is easier for many of us to identify positive qualities in another than it is to note them in ourselves.

We might feel that noting our strengths equates to boasting or self-inflation; however, many of us struggle with quite the opposite. We tend to have a difficult time noting our determination, perseverance, and other strong qualities that get us through challenging hours and days.

This practice is one that helps us to witness our inner strength and to honor it. As you move through this exercise, witness and soften any self-judgment that might arise, openly allowing yourself to explore this with curiosity.

PRACTICE:

Consider a time when you attended an event or appointment or completed a job or task during a moment or day when you were feeling less than your best.

Consider what factors were making this day difficult for you, including: mental/emotional wellbeing, physical limitations (major or minor), habits, sleep, nutrition, recent events, and other obligations or priorities.

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In the space below, write out the details of how you made your way through the appointment or job at hand.

Note: In some cases, strength arises from our saying 'no'. So if you sense that not attending an event or not completing a task or chore exemplifies a hidden strength, you may tell that story as well.

When you are finished writing, read through the story as if you were an outsider. Then, use the following list to check off any of the strengths you noticed present in the story. Note any additional strengths or qualities in the space at the end.

- | | | |
|-----------------------------------------|----------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Focus | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Collaboration |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Spontaneity | <input type="checkbox"/> Support |
| <input type="checkbox"/> Determination | <input type="checkbox"/> Presence | <input type="checkbox"/> Asking for Support |
| <input type="checkbox"/> Responsibility | <input type="checkbox"/> Contemplation | <input type="checkbox"/> Authenticity |
| <input type="checkbox"/> Consideration | <input type="checkbox"/> Vulnerability | <input type="checkbox"/> Insight/intuition |
| <input type="checkbox"/> Understanding | <input type="checkbox"/> Honesty | <input type="checkbox"/> Eagerness |
| <input type="checkbox"/> Patience | <input type="checkbox"/> Preparedness | <input type="checkbox"/> Humility |
| <input type="checkbox"/> Encouragement | <input type="checkbox"/> Generosity | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Empathy | <input type="checkbox"/> Purpose | <input type="checkbox"/> Faith |
| <input type="checkbox"/> Listening | <input type="checkbox"/> Balance | <input type="checkbox"/> Willpower |
| <input type="checkbox"/> Persistence | <input type="checkbox"/> Flexibility | <input type="checkbox"/> Tenderness |
| <input type="checkbox"/> Acceptance | <input type="checkbox"/> Openness | <input type="text"/> |
| <input type="checkbox"/> Kindness | <input type="checkbox"/> Adaptiveness | <input type="text"/> |

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Briefly go through any other difficult situations in your life that required you to harness your inner strength. What qualities or characteristics did you cultivate then? Check off any that come to mind that have not yet been checked off.

REFLECTION QUESTION:

How might you use the list above to recognize and honor your strengths on a more regular basis?

