

How do People React to Me?

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



1. In this exercise, the subject of your attention switches to other people. Begin to notice how other people react to you. Do not change anything you are doing, simply observe.
2. After 7 days of doing #1, start to form a picture of how you seem to others. Do not ask them. Observe for yourself.
3. In your journal each day, record what you discover. List each significant encounter of your day, which was present, and how you seemed to them. Summarize what you learned on a weekly basis.

Be honest, complete, and non-judgmental in your responses.

Thank you for your mindfulness practice.