

# Optimizing Your Requests

## 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. What requests did you make?

2. How did you feel when making them?

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3. What requests did you hold back from making? Why?



4. What patterns of making/withholding requests do you now begin to see?

5. What action will you take from what you observed in this exercise?

Additional Notes: