

Experiencing Joy in Relationships

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



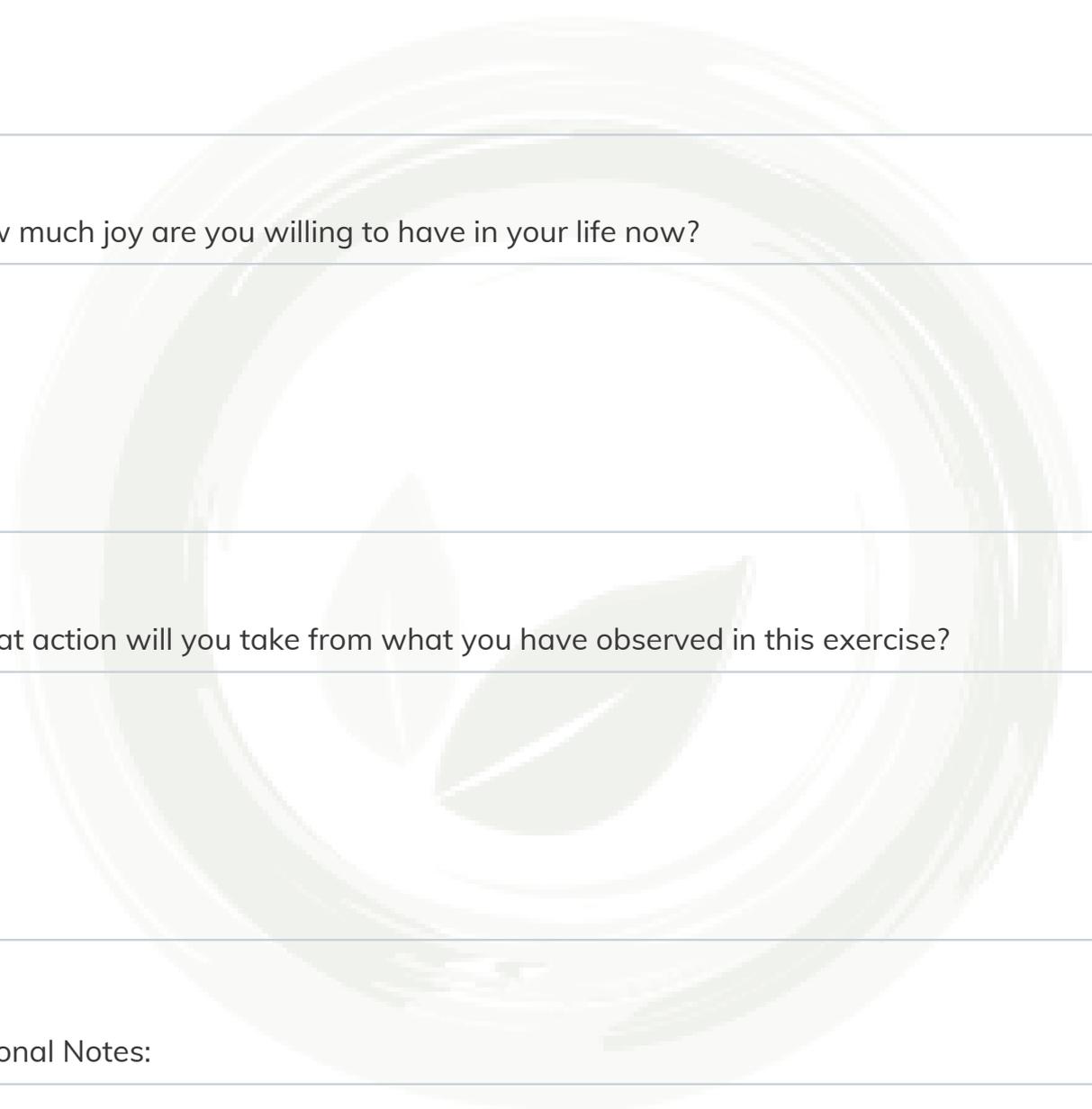
1. What joy have you experienced during this period of time?

2. What event or relationship was associated with your joy?

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3. How do you feel about having this joy in your life?



4. How much joy are you willing to have in your life now?

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

Additional Notes: