

Making Successful 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



PART ONE

1. What requests did you make?

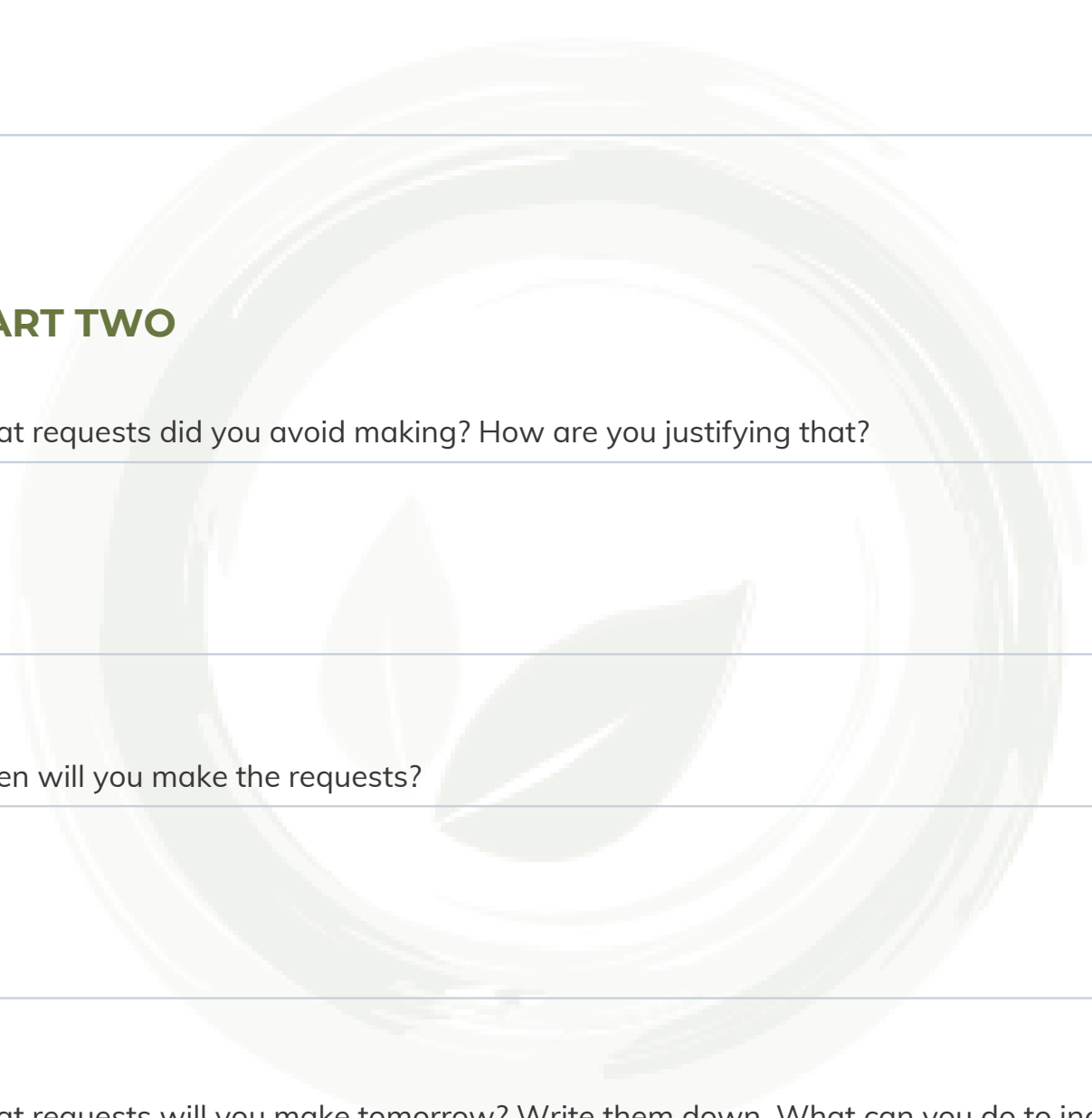
2. How successful were your requests (i.e., did what you requested happen)?

3. What made your requests successful?

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4. How do you feel about your requests? What are you learning about yourself and requesting? When and how will you take what you're learning into action?



PART TWO

1. What requests did you avoid making? How are you justifying that?

2. When will you make the requests?

3. What requests will you make tomorrow? Write them down. What can you do to increase the likelihood that your requests will succeed?