

Timing Your Contributions to Conversations

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



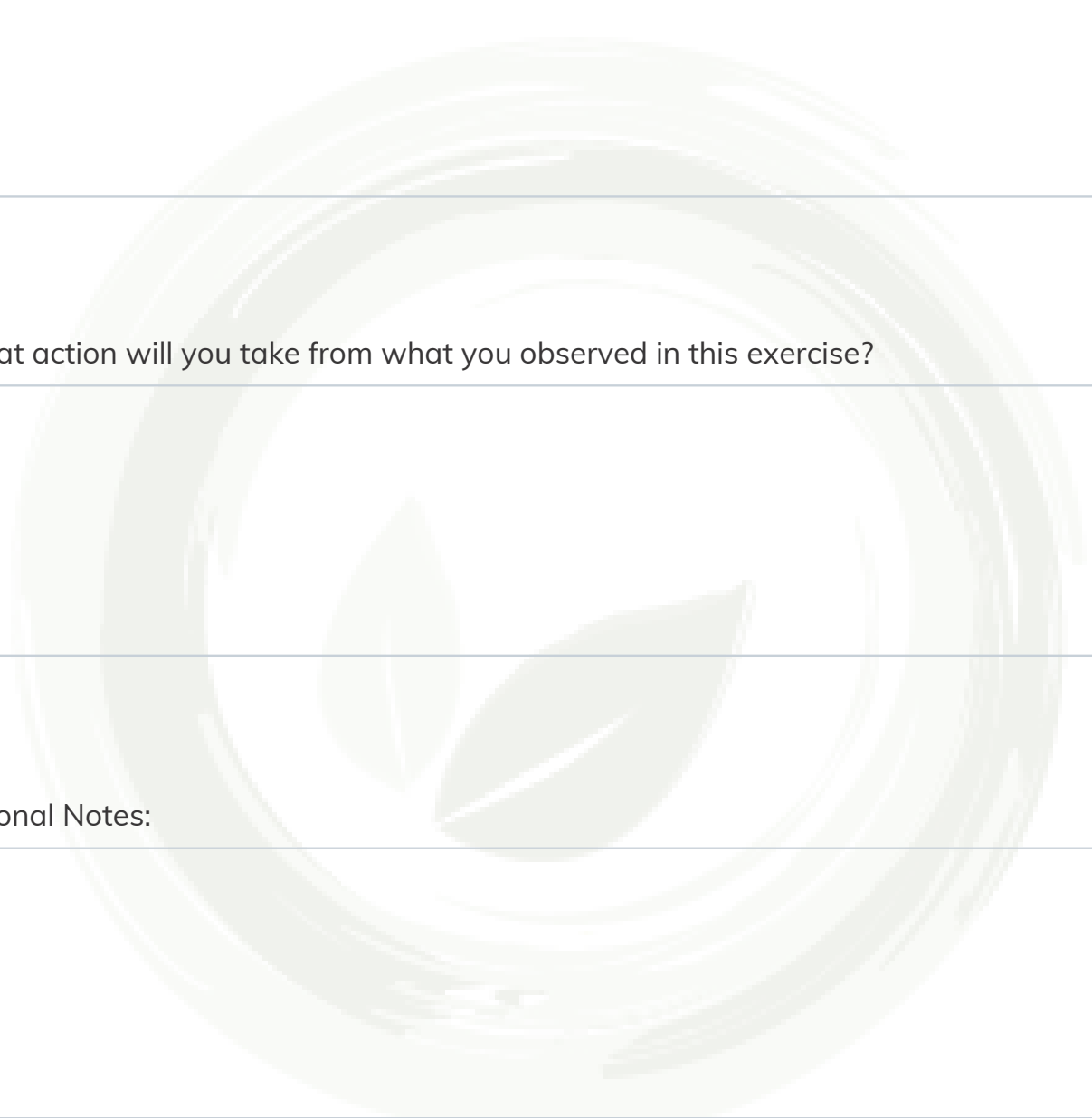
1. When you are in conversation, how are you determining when to speak and when to listen?

2. How are you deciding if you made the correct choice?

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3. What are you feeling (emotionally and physically) as you speak? As you listen?



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

Additional Notes: