

Increasing Your Connection with Others

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 did I connect most deeply with someone? What brought that about?

2. How did I facilitate someone being connected to me?

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3. Did I do anything to make connecting with someone more difficult? Why was that?



4. What action(s) will I take from what I learned in this exercise?

Additional Notes: