

Learning How to Challenge What is Said

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. For one week simply notice how many statements you accept from others without questioning the assumptions or evidence behind them.

2. During the next week simply notice how many statements you make without questioning your assumptions or evidence.

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3. During the third week begin to question, in a respectful way, the statements of others, and invite suggestions or comments on your statements.



4. Watch carefully what happens in your relationships and conversations as you implement #3. Is cooperation improved? Do people (including yourself) step back from the openness? Can you speak about the stepping back?

Additional Notes: