

# Optimizing Your Schedule for Growth

## 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



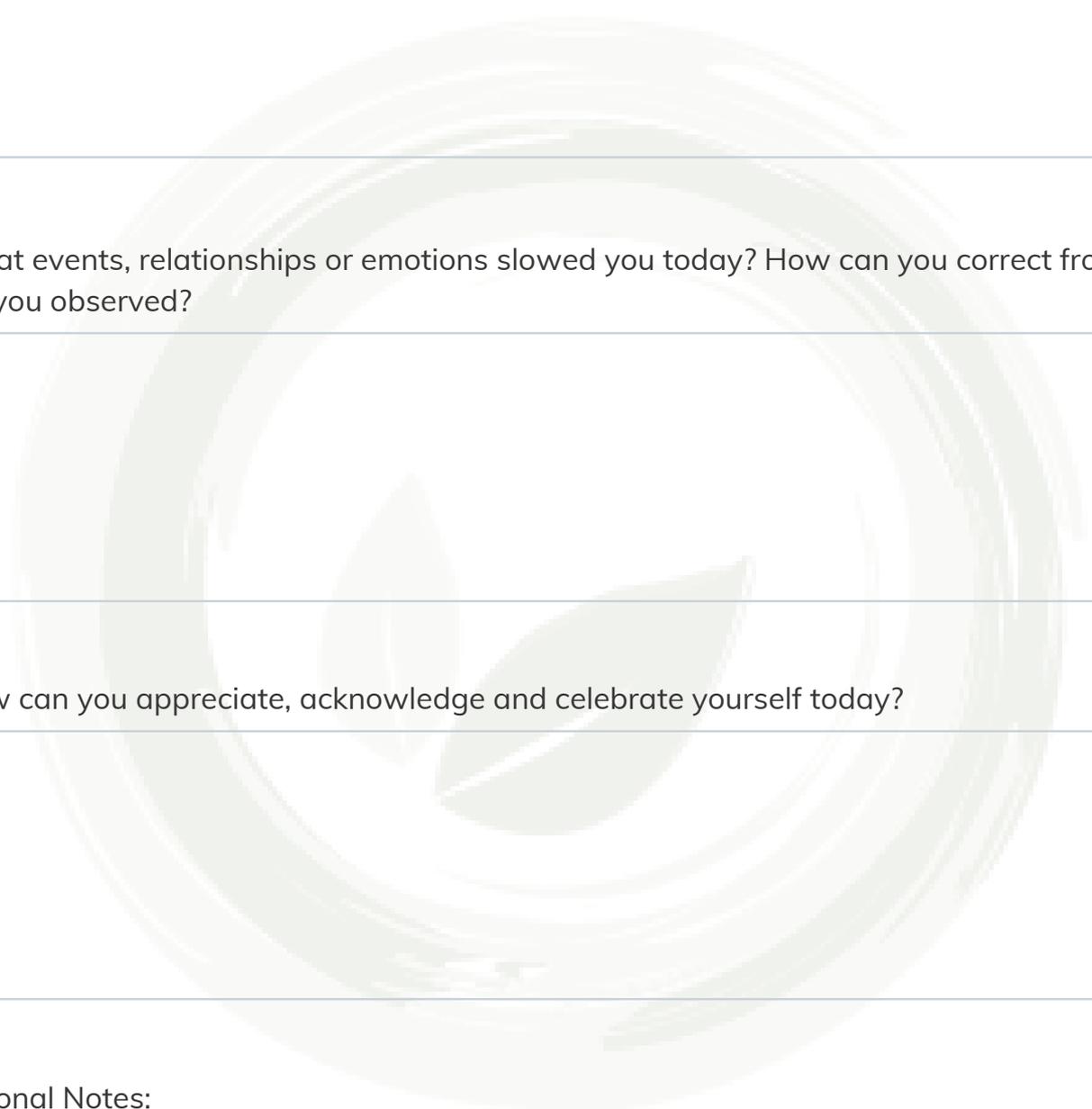
1. Did you do all your scheduled actions and practices?

2. If yes, in what ways did they strengthen you?

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3. If not, what action will you take to bring yourself back on schedule?



4. What events, relationships or emotions slowed you today? How can you correct from what you observed?

5. How can you appreciate, acknowledge and celebrate yourself today?

Additional Notes: