

How do You Make Decisions

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. List the ten issues that you are having a difficult time deciding about. Put each issue into the following matrix.

Issues:

Why I should do "x" about it:

Why this issue is confusing:

Why I should do "y" about it:

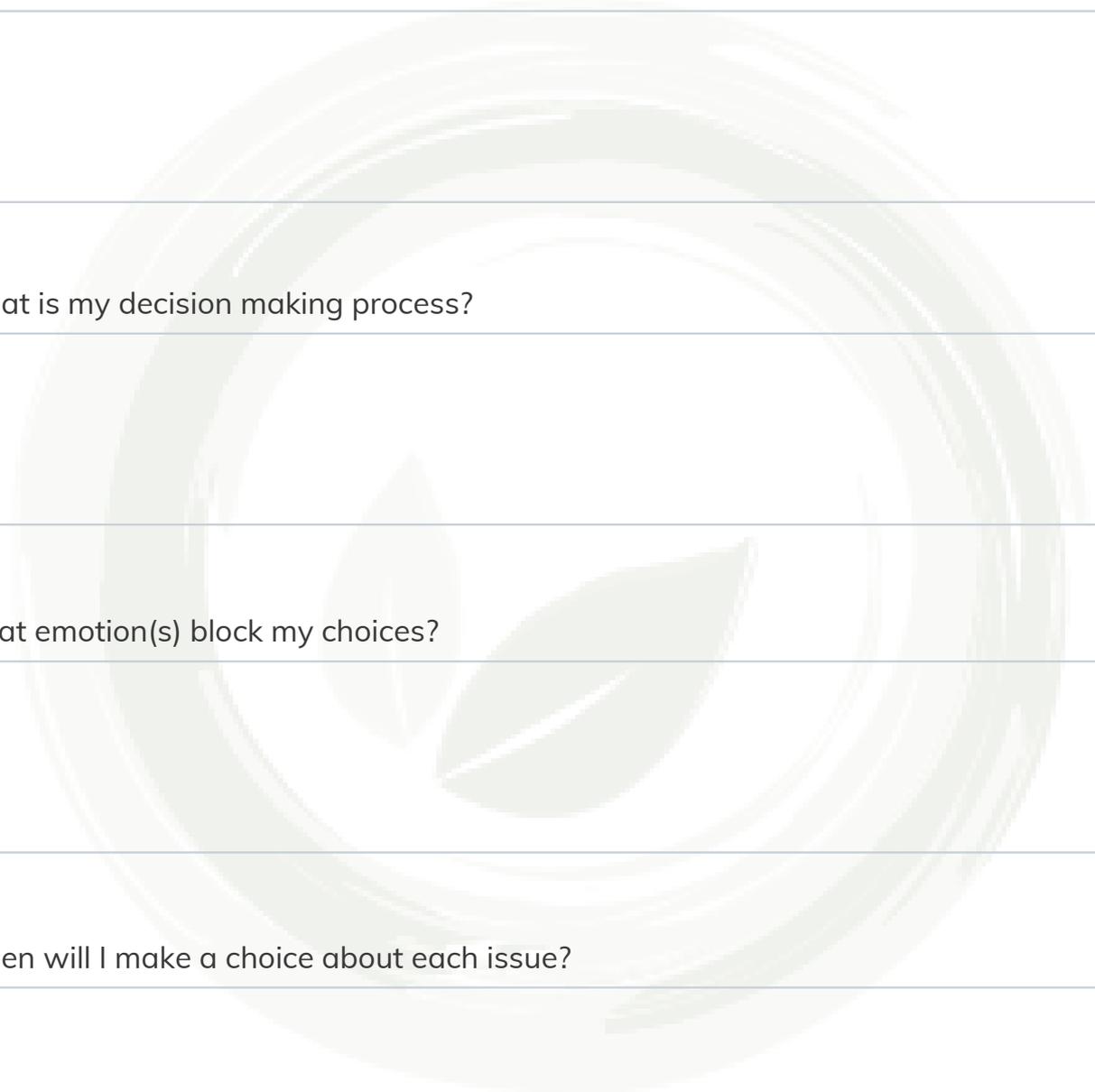
Why I haven't done "x" or "y":

How do You Make Decisions

Mindfulness Worksheet

2. Only after you've fully filled out the matrix for all ten issues, then address the following questions:

a. What patterns of explanation do I observe?



b. What is my decision making process?

c. What emotion(s) block my choices?

d. When will I make a choice about each issue?