

Mindfulness of Time, Meaning & Belonging

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



PART ONE

Please do this assignment for 10 days. Please stop twice per day and ask yourself the following questions. Write down some notes so that you can begin to notice patterns.

During this period of time:

Did I feel like I didn't have enough time and consequently felt busy?

Did I feel that I had too much time and therefore felt bored?

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Did I have another kind of relationship with time? What was that?

What did I learn about my relationship with time from this exercise?

PART TWO

Please make a vow that inspires, integrates and clarifies your life. Ask yourself “Who am I, who can I be, when I step out of my usual relationship with time?”

Twice a day for the next 10 days please asks yourself the following questions regarding your vow.

During this period of time:

Did I remember my vow? If yes, how did I express it? If not, what distracted me from remembering?

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How did my vow affect my experience of meaning? What effect did it have on my experience of time?

How often was I able to belong to the moment? What was that like for me?

PART THREE

For the next 10 days please pay attention to the following, every time you enter a new conversation or physical location.

1. Do I feel like I belong here?

2. What in the situation, relationship welcomes me in? In what ways do I feel unseen, unmet?

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To what extent was I able to bring my own sense of belonging with me?

How will you take what you learned from this forward into your life?

