

Dissolving our Barriers to Power

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: RELAXED, YET PRESENT

Close your eyes. Settle into the chair. Scan your body and release any areas of tension. Observe your emotions. Notice your thoughts.

Give all you experience generous space to be as it is now — and bring your full awareness to the present moment. As we do this exercise, notice all that shows up without having to judge it, understand it or explain it. Okay, here we go.

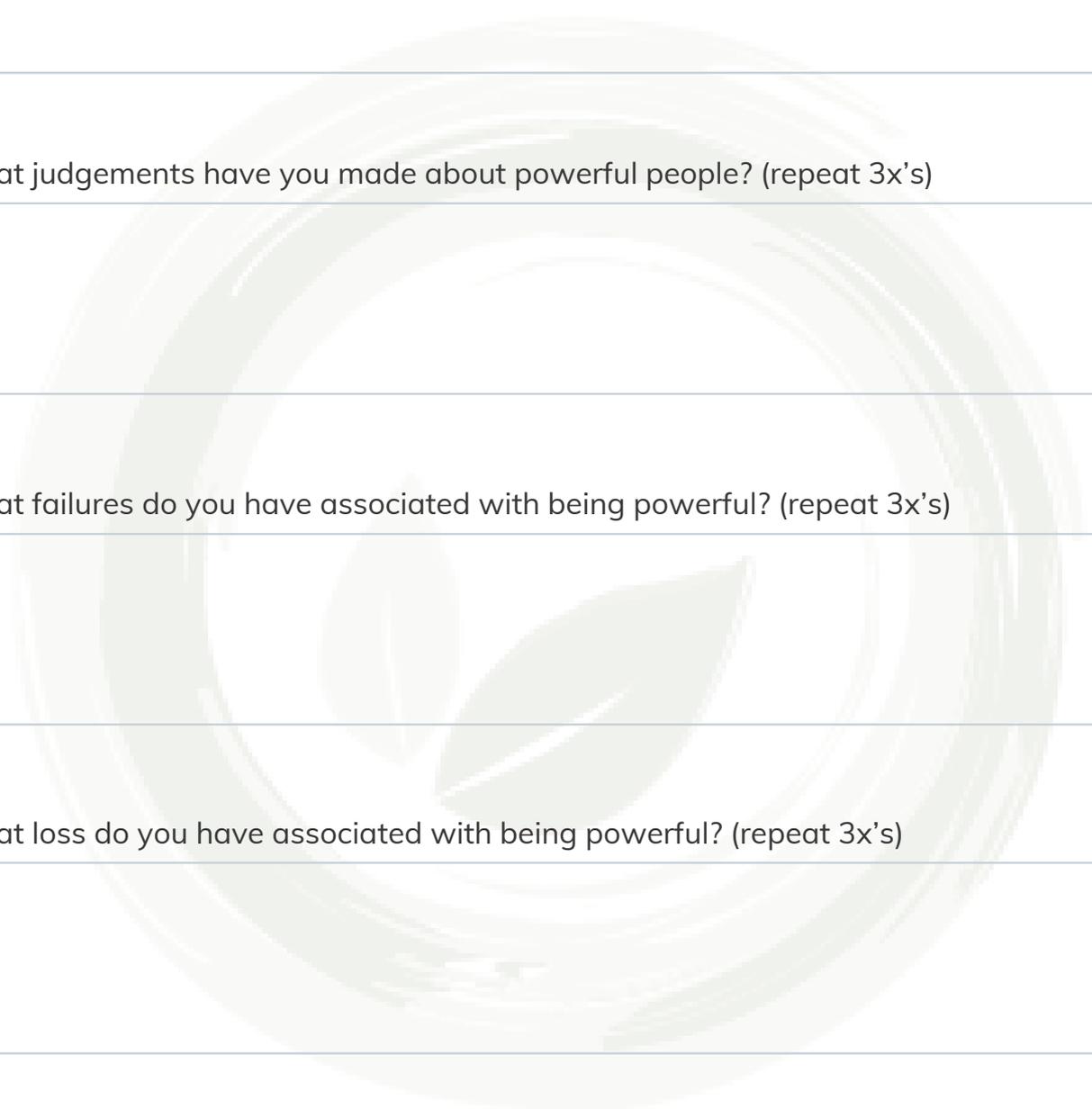
PART TWO: THE QUESTIONS

1. Regarding being powerful, what decisions have you made? (repeat 3x's)

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2. What have others told you about being powerful? (repeat 3x's)



3. What judgements have you made about powerful people? (repeat 3x's)

4. What failures do you have associated with being powerful? (repeat 3x's)

5. What loss do you have associated with being powerful? (repeat 3x's)

6. What pain do you have associated with being powerful? (repeat 3x's)

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7. What break in relationship do you have associated with being powerful? (repeat 3x's)

8. What injury to others do you have associated with being powerful? (repeat 3x's)

9. About what is it not okay to be powerful? (repeat 3x's)

10. What's the payoff for not being powerful? (repeat 3x's)

PAUSE.

Fine. Squirm around a bit in your chair. Good.

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PART THREE: PAIRED EXERCISE

With a partner, 3 minutes per person, address the following questions:

1. What came up for you in that exercise?

2. How does it explain how much power you have in your life?

3. What patterns did you notice?

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