

Willingness to Question

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. Select a part of life important to you (e.g., family, learning, job, relationship, finances, etc.) as your area of observation.
2. Within your selected topic, begin to observe what you are willing to question and what you are unwilling to examine.
3. As you become more aware of what you are unwilling to examine, begin to speculate about what effect the unexamined aspects have on your behavior and reactions, e.g.,
 - Are they sources of clarity and certainty? Or not?
 - Do they connect you more deeply to people? Or not?
4. Experiment with examining the unexamined in conversation with trusted friends. What happens? Do your behavior and reactions change? Or not?
5. Keep cycling through these steps.

Additional Notes: