

What are You Avoiding?

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. What do I move away from or avoid in life? Why is that?

2. What in my mind / heart / body is the worst thing(s) that could happen to me? What plans, relationships, activities have I made around these possible happenings?

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3. What past events / relationships do I want to make sure never happen again?

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

Additional Notes: