

What Defeats You?

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



Observe what defeats you in life. (Yes, I know, nothing defeats you.) What prevents you from fully implementing and living your life design? From making the full contribution you intend? Here are some possibilities to consider:

- Laziness
- Hopelessness
- Distractions (Seeking Pleasure)
- Breakdowns

Additional Notes: