

Utilizing Precious Resources

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



This is an inventory that you complete by both observation and research.

1. What are your greatest strengths professionally and personally?

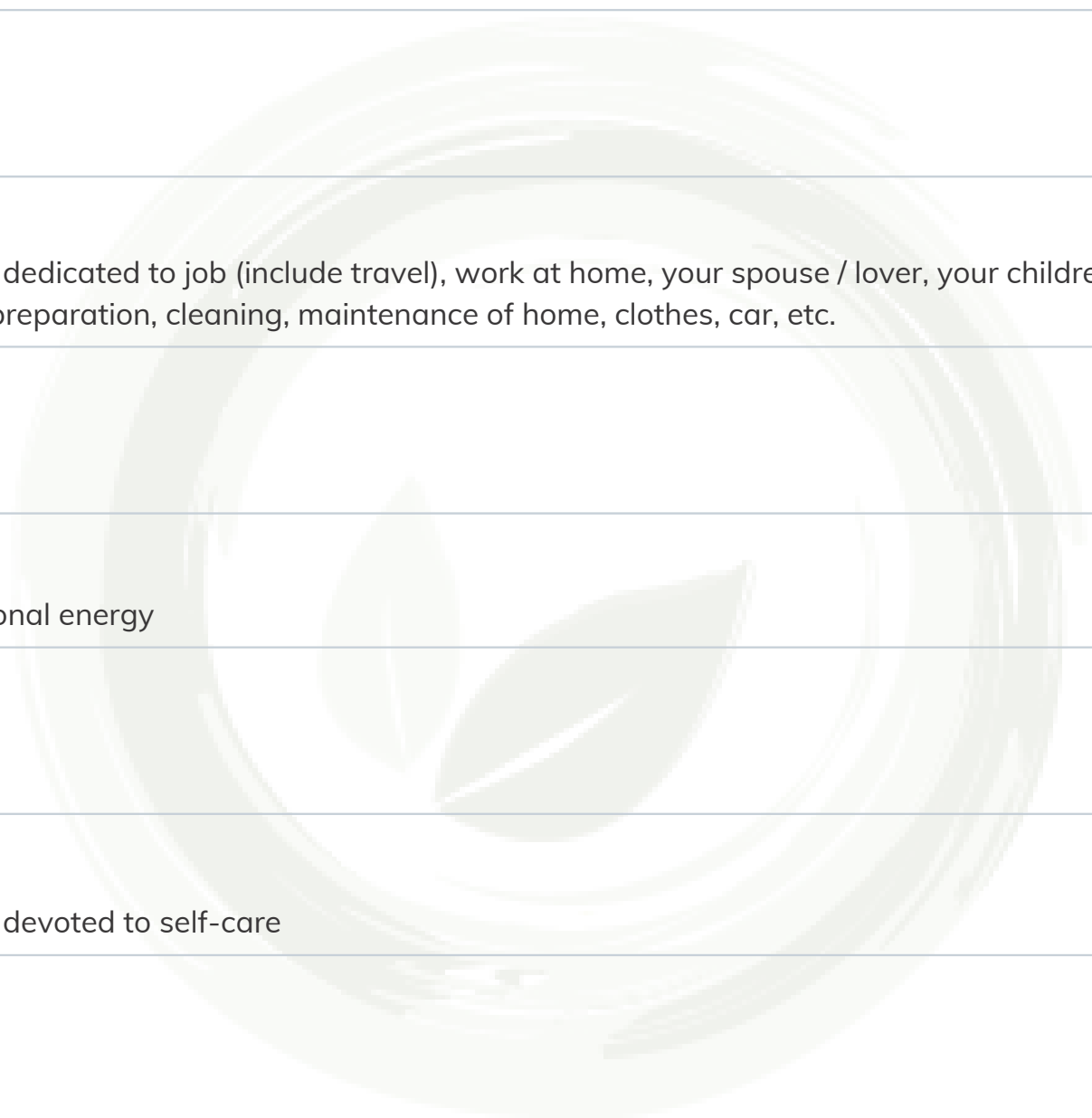
2. Who is part of your network of support? What specific support does each person provide?

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3. What does it take for you to live the way you do? Specifically address the question in terms of:

Monthly expenses (include yearly items such as property taxes, etc. by dividing them by 12)



Hours dedicated to job (include travel), work at home, your spouse / lover, your children, meal preparation, cleaning, maintenance of home, clothes, car, etc.

Emotional energy

Hours devoted to self-care

Any other costs, physical, mental or monetary

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4. What resources do you have to address all the costs listed in #3 above?

5. What are you learning in this exercise? Does your costs/resources analysis require any changes on your part? What new actions will you take from what you're discovering?