

# What are Your Feelings?

## 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. How did you feel about yourself?

2. How did you feel about your contact / communication / connection with:

Your spouse / lover?

Your children?

People at work?

Other family members?

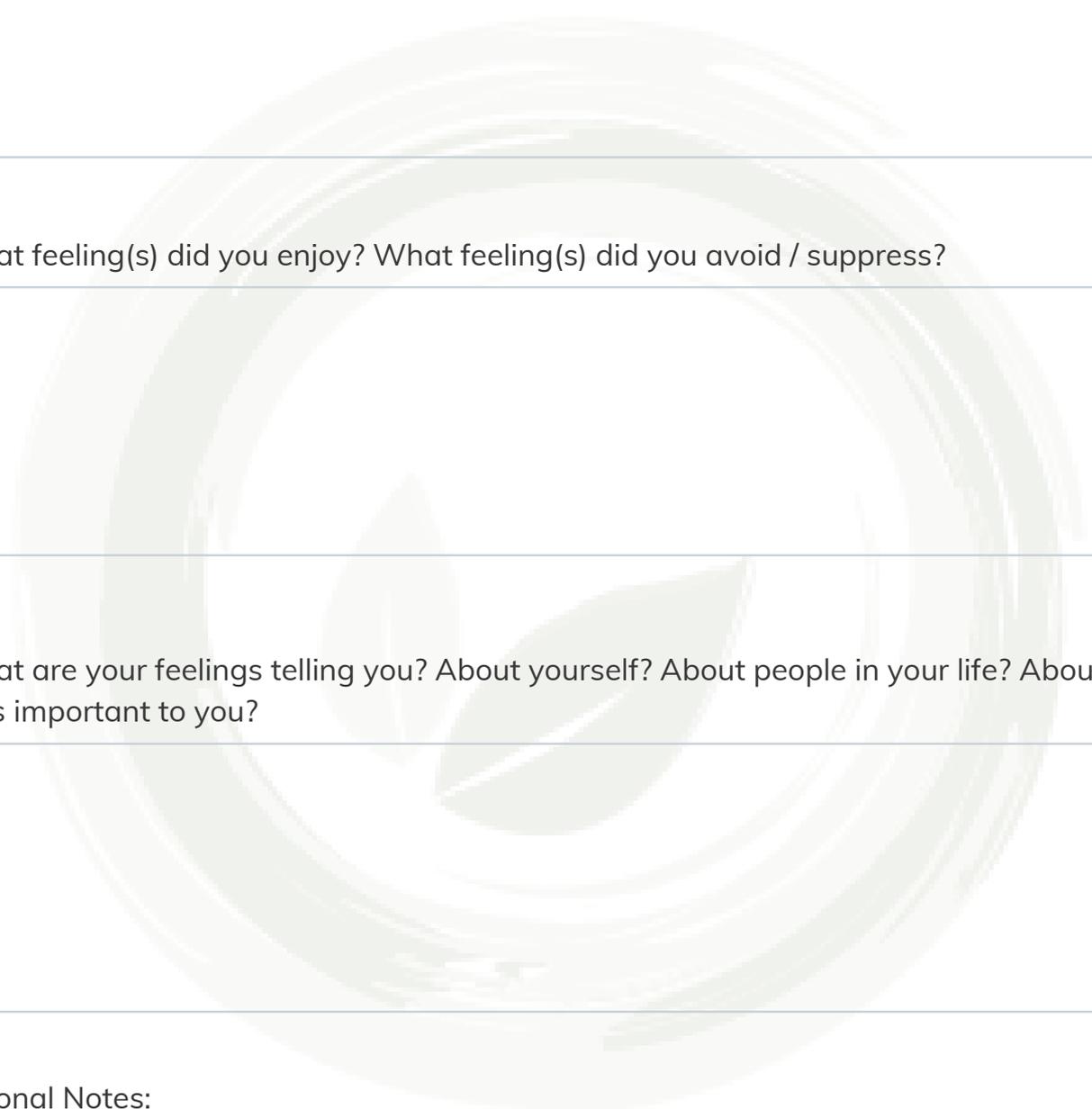
Friends?

Anyone else?

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3. What did you feel most strongly?



4. What feeling(s) did you enjoy? What feeling(s) did you avoid / suppress?

5. What are your feelings telling you? About yourself? About people in your life? About what's important to you?

Additional Notes: