

Recurring Thoughts

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 recurring thoughts have you observed?

2. What worry or concern is associated with these recurring thoughts?

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3. What feeling or emotion is associated with these recurring thoughts?



4. In what ways do these recurring thoughts affect your communications with people?

5. What action will you take from what you observed in this exercise?

Additional Notes: