

# Knowing the Consequences of Your Behavior

## 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 patterns of behavior did you notice?

2. What do these patterns of behavior accomplish?

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3. In what ways do these patterns of behavior hinder possibilities?



4. In what ways do these patterns of behavior limit relationships or communication?

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

Additional Notes: