

Sensing Into Your Strongest Experiences

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



DAILY

1. What did you feel most strongly about today?

2. What did you express most fully today?

3. To whom did you feel close today?

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4. To whom did you contribute today?

WEEKLY:

Please take 20–30 minutes at the end of each week and address the following:

1. What do you feel proudest about accomplishing this week?

2. Who made the biggest contribution to you this week?

3. What did you learn about yourself this week? About others? About life?

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4. What brought the most meaning to your life this week?

Additional Notes:

