

What Do You Want to Stop?

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 did you want to stop:

Thinking?

Feeling?

Doing?

Saying?

Why was that?

2. What (and whom) did you want others to stop:

Doing?

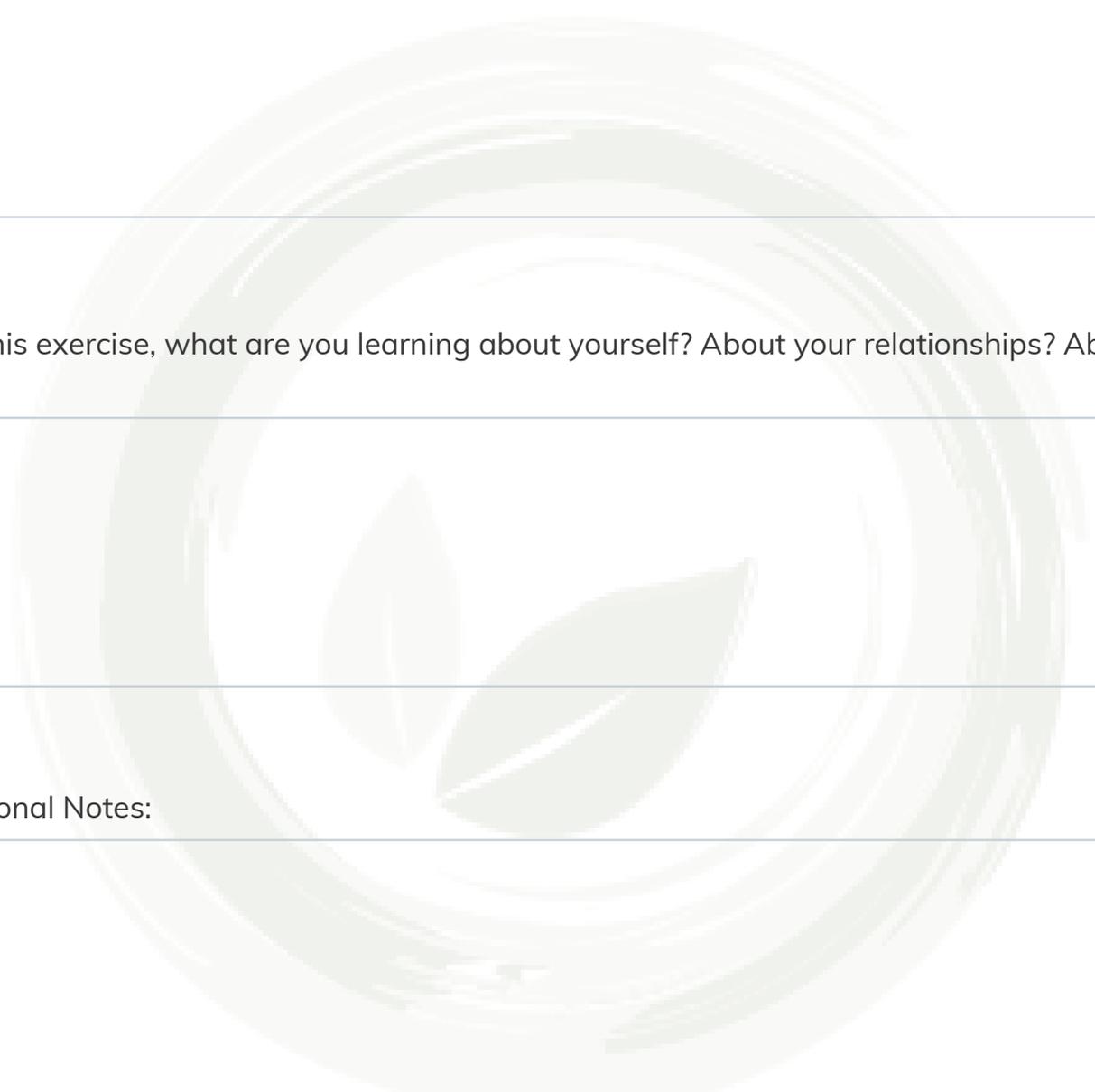
Showing?

Saying?

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3. Did you ask this person (these people) to stop? If yes, did they? If you didn't ask them, why not?



4. In this exercise, what are you learning about yourself? About your relationships? About life?

Additional Notes: