

What Story are You Believing?

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. Begin to observe the story you tell about yourself and about your life. The narrative that you say privately to yourself, as well as the public explanation you tell others, makes up this story.

2. Observe the story as the way you connect incidents in your life, include or exclude people, and give meaning to events.

What Story are You Believing?

Mindfulness Worksheet

3. At the end of each day, write out some brief notes describing what you observed about your story that day.



4. Do not judge yourself or your story. Observe only. Be honest and complete.

Additional Notes: