

What Do You Want to Say?

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 say to:

Your spouse / lover?

Your children?

People at work?

Other family members?

Friends?

Anyone else?

2. Did you say it? If yes, then what happened? If no, why not?

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3. What did you want each of the people listed above to say? Did they say it? If yes, what happened? If no, why not?



4. What are you learning about the type of communication you want in your life?

Additional Notes: