

What is Important to Do Today?

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 is the most important for you to accomplish today?

2. What is the most important for you to communicate today?

3. Whom do you want most to understand today?

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4. Whom do you want most to feel appreciated by you today?

WEEKLY:

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

1. What new people did you open yourself to this week? How did that feel?

2. What new experiences did you have this week?

3. What was fun for you this week?

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4. Whom did you inspire this week?

Additional Notes:

