

# Judging Your Future

## 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



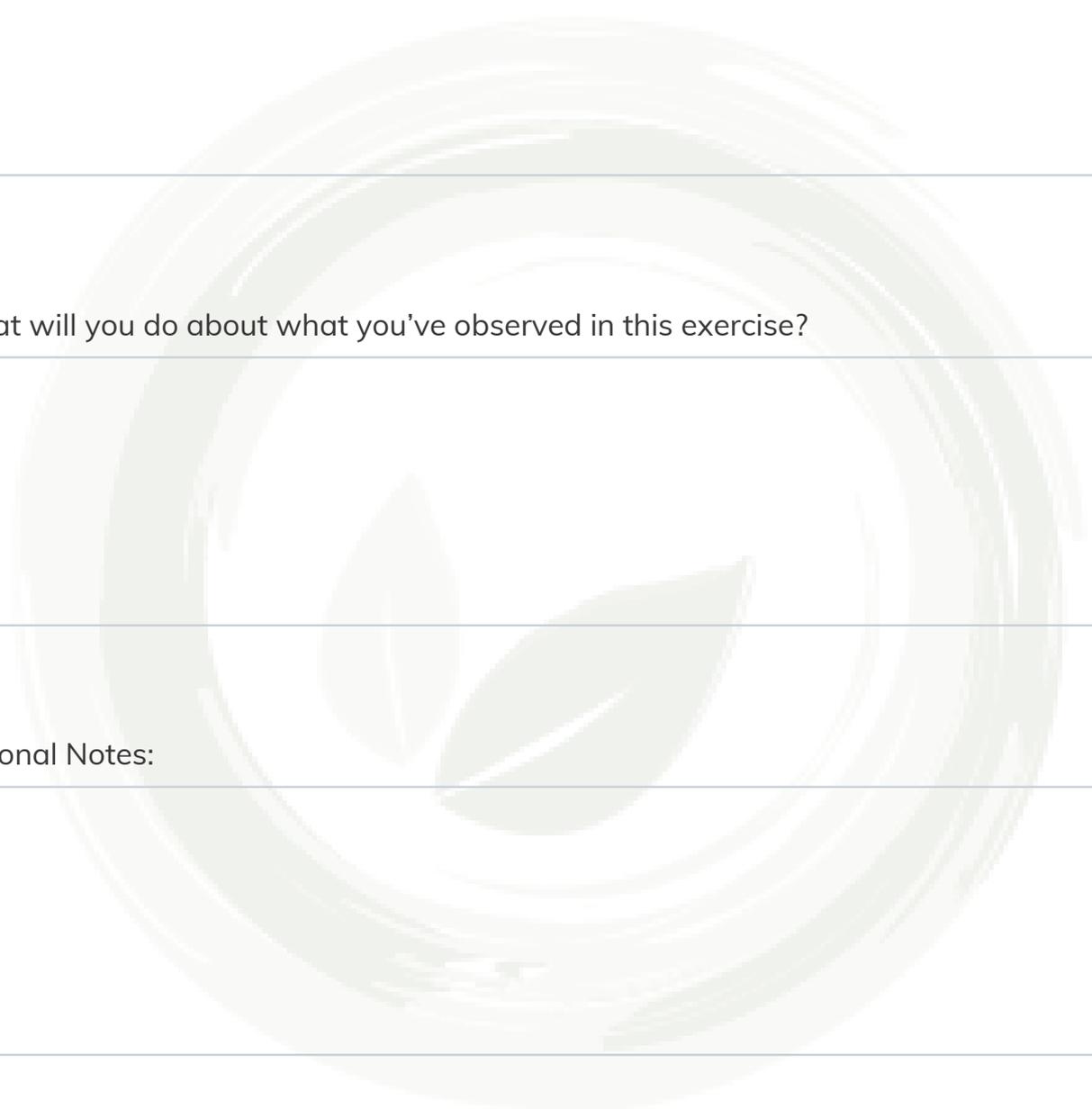
1. What judgements did you make about the future?

2. What was your judgement based upon? What standard? The anticipation of what other person's judgement?

# Judging Your Future

## Mindfulness Worksheet

3. How do you feel after making these judgements?



4. What will you do about what you've observed in this exercise?

Additional Notes: