

How are You Investing Your Life 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 event, person, activity did you invest most in today?

2. How did your decision about how you invested your life come about?

3. What emotions contributed to your decision? What feelings did you ignore in making your decision?

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4. What action(s) will you take from what you learned in this exercise?

WEEKLY:

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

1. What patterns do you notice in your life this week?

2. What people, activities, events are filling up your life this week? Are you consciously choosing this or falling into it?

3. What people, activities, events did you neglect this week? Are you consciously choosing this or falling into it?