Aligning with Your Mission Mindfulness Worksheet

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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. In what ways were you aware of your personal mission statement?

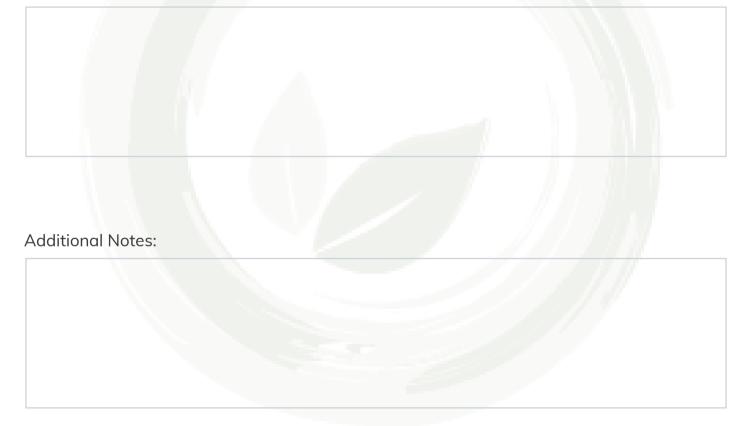
2. How did your personal mission statement shape your actions, conversations and planning?



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3. What distracted you from your personal mission statement?

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





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